Hmm-mm-DELICIOUS Dishes For The TABLE

Cook Book

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Hm-m-m-m-DELICIOUS DISHES For The TABLE

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MARKETING

Mothers are good cooks. Mothers keep the family healthy.

A good housekeeper does her marketing with intelligent care. In this way she saves money, yet she gives her family adequate meals. To buy food economically requires knowledge about the markets and food sanitation, judgment about the amounts of food to buy and a knowledge of food values. This information can be gained through a study of foods and through experience. One should not buy more than what should be used.

A good housekeeper makes a budget and keeps a food account. Girls may gain experience by going with their mothers to do the marketing or by helping the teacher in buying the food used in the school kitchen or lunch counter.

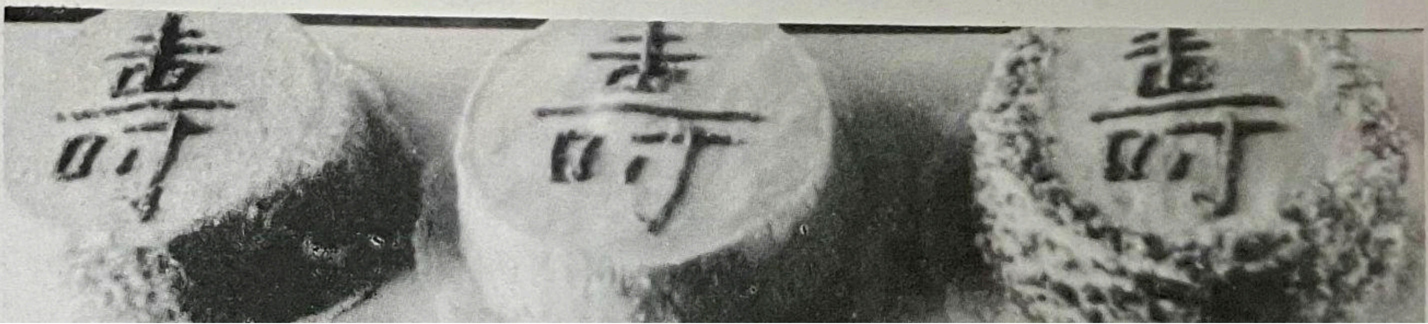
It requires practice to become a good marketer. The following suggestions may be helpful to girls doing their first marketing:

1. One should know which stores are the most sanitary. The storekeepers are clean and free from disease. They are also courteous and polite. All foods are carefully protected from dirt, flies and other insects.
2. Customers should be courteous and polite, too. It pays to be considerate for one is likely to get better service. Avoid unnecessary handling of foods and carry small packages home. Long drawn-out bargaining is not proper. The storekeeper is entitled to a fair profit if he sells good food. Then there are others who wish to buy so each should take only her share of time. Refrain from picking the biggest and the best fruits or vegetables. You do not only disarrange them but some are even crushed. The market is a very nice place to say "please" and "thank you".
3. Before going to market it is advisable to make a list of the foods needed. It is necessary to plan the meals for the day or for the week. The amount of money to be spent for these foods should be estimated.
4. One can save money by buying foods that are in season. This is especially true in buying vegetables and fruits. A good cook knows these.

Using a wooden spoon in cooking has several advantages. In addition to the soft edge, which will not scratch pans or cut foods, the handle does not get as hot as metal. And, of course, it's a good mixer.

TERMS IN COOKERY

Bake: to cook by indirect dry heat, usually in an oven.
Boil: to cook in boiling water.
Braise: to brown meat in small amount of fat and cook slowly in juice from meat or added liquid in a covered container.
Broil: to cook by direct heat from hot coals, or gas flame.
Fricassee: to cook meat by stewing in gravy.
Fry: to cook in a large amount of hot fat to cover the food.
Pan-broil: to cook in a hot uncovered frying pan, pouring off fat as it accumulates.
Parboil: to simmer for a short time preliminary to cooking by another method.
Pot roast: a piece of meat cooked by braising.
Saute or Panfry: to cook in a small amount of fat with frequent turning.
Sear: to brown the surface of meat by short application of intense heat.
Simmer: to cook below boiling point; bubbles occur below the surface of the liquid.
Stew: to cook with simmering heat.
Appetizer: a small serving of food or beverage served before or as the first course of a meal.
Butter: a mixture of liquid, flour, etc., that can be beaten or stirred.
Bisque: a rich thick cream soup usually made from fish. Also a rich frozen dresser, usually containing powdered nuts or macaroons.
Bouillon: clear delicately seasoned soup usually made from lean beef stock.
Canape: an appetizer made of a small piece of bread spread with a highly seasoned food.
Caramel: Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.
Chowder: a dish made of fresh fish, or clams, pork, crackers, onions, etc., stewed together.
Cocktail: (a) An appetizer served before as the first course of a meal. (b) An alcoholic beverage usually served before dinner. (c) Fruit or vegetable juice. (d) Cut fruit or shellfish with tart sauce served as first course.
Condiments: Food seasonings such as salt, vinegar, herbs and spices.
Consomme: A highly seasoned clear soup made from one or a combination of meats.



VEGETABLES AND SOUP

Cream of Mushroom Soup

2 or 3 cups chopped, cooked or canned mushrooms
3 tbsps. butter
1 tsp. minced onion
2 tbsp. minced celery
2 cups chicken broth, or
2 cups hot water
2 chicken bouillon cubes
2 tbsp. flour
2 cups milk
Salt and pepper

Simmer the mushrooms for 5 minutes in 1 tbsp. butter with the onion and celery. Add the chicken broth and simmer for 10 minutes. Melt the remaining 2 tbsp. butter in top of double boiler over direct heat. Add flour and blend, then add milk and cook. Stirring until smooth and thickened. Place over hot water, add the mushroom mixture, season to taste with salt and pepper and heat thoroughly.

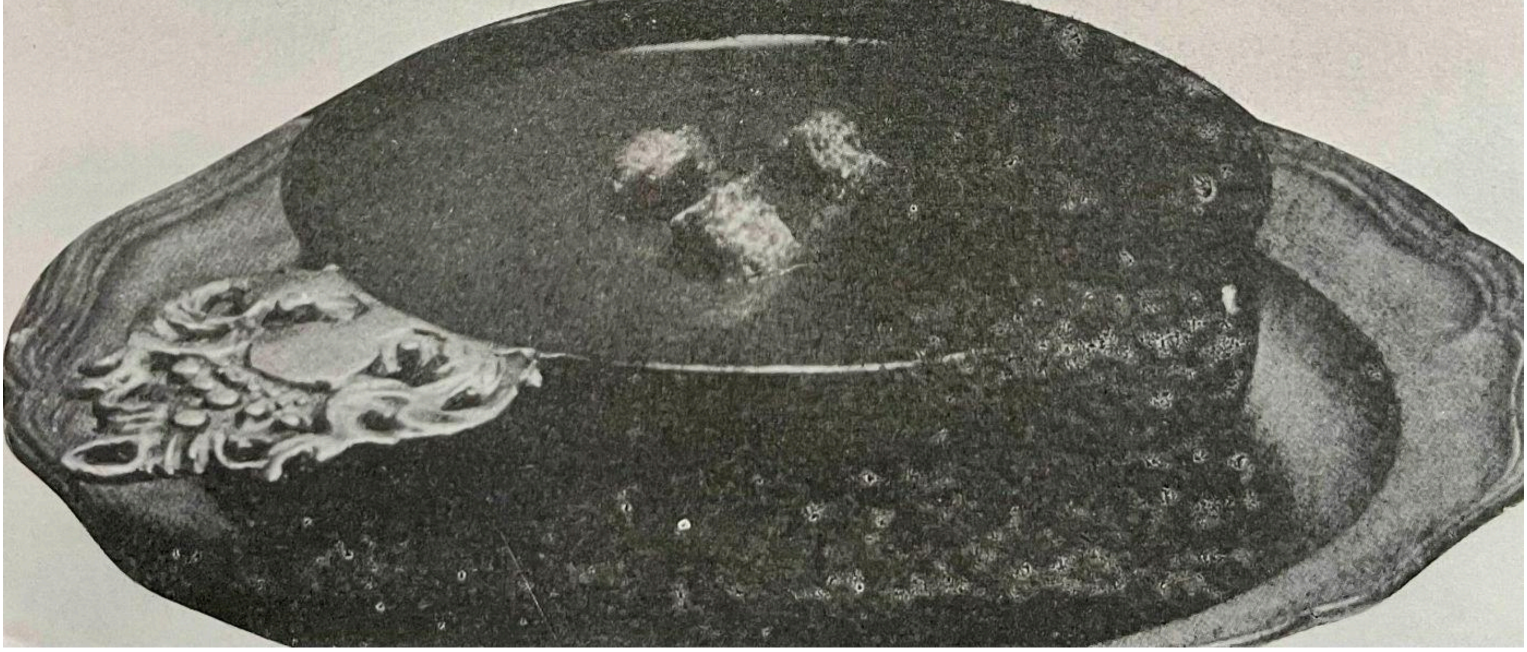
Chilled Avocado Soup

Melt 1/4 cup butter; blend in 1/4 cup flour, 1 teaspoon salt, few grains pepper and 1/4 teaspoon dry mustard. Gradually add 4 cups milk, blending until smooth.

Cook over boiling water, stirring constantly until slightly thick. Chill.

Add 2 tablespoons minced onion, 1/2 cup finely diced celery and 1 cup minced avocado.

Pour into chilled bowls; garnish with chopped chives. Serves 4.



Sopa de Goto

2 kilos tripe	3 ears of corn, shredded
1/2 cup vinegar	2 pieces camote, cubed
2 beef bones	2 pieces potato, cubed
16 cups water	2 cups cabbage, shredded
2 cloves garlic	1/3 cup rice
3 onions, chopped	3 teaspoons salt
1 green pepper, sliced	1 teaspoon pepper
2 cups squash, cubed	

Soak the tripe in vinegar, with water to cover, for 2 hours. Drain well and rinse thoroughly.

Place tripe, beef bones, and 16 cups water in a large saucepan. Let boil. Skim top free of foam. Cook over low heat for 4 hours. Strain the stock. Cut the tripe into small pieces and set aside.

Measure the stock into a saucepan. Add water to make 8 cups of soup in all. Add the garlic, onions, green pepper, squash, corn, camote, potatoes, cabbage, rice, salt, and pepper. Cook over medium heat for 45 minutes. Add the tripe and cook 10 more minutes. Correct seasoning.

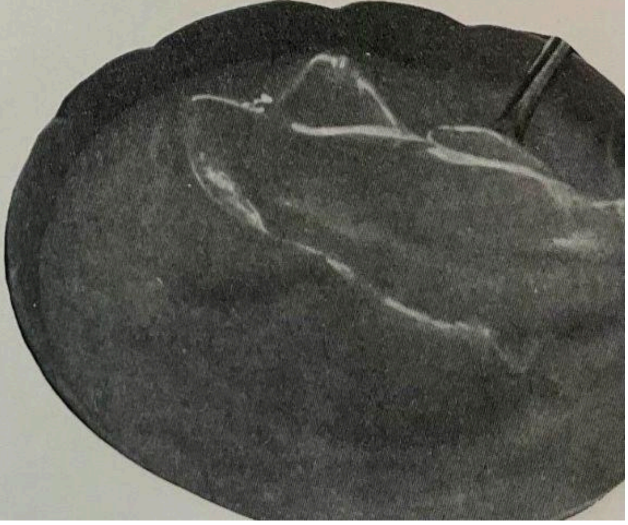
A variation to the arroz caldo con goto, this soup is typically substantial enough to be a main course.

Special Potato Soup

2 cups thinly sliced raw potatoes	1 tablespoon butter or margarine
1/4 cup finely chopped onion	1/4 teaspoon Worcestershire sauce
1-1/4 cups boiling water	1 teaspoon salt
1-1/2 cups milk	Pepper

Add potatoes and onion to boiling water. Cover and cook 15 to 20 minutes or until potatoes are tender. Mash potatoes slightly with a fork. Add milk, butter or margarine and seasonings. Heat.

Garnish with one or a combination of the following: chopped parsley, grated cheese, croutons, diced crisp bacon, minced watercress or chives. Sliced, cook frankfurters are good heated in the soup.



Clam Soup With Malunggay

3 cups clams (tulya)
1 cup malunggay leaves (washed and sorted)
Ginger (2 thin strips)
Salt and pepper
1/2 small onion, sliced
3 segments garlic, macerated
3 tablespoonfuls lard
8 cups rice washings

Wash the clams and allow to drain. Saute the garlic, ginger and onions in hot lard. Add the clam, and lastly the rice washings. Cover and let the mixture boil for three minutes. Add the malunggay leaves and cook 3 minutes longer. Season with salt and pepper.

Serve hot.

Pepper leaves may be used instead of malunggay leaves.

Onion Soup

5 cups chicken soup
4 slices bacon
1 cup sliced onions
2 cloves garlic
1 cup bread cubes
1/2 cup grated cheese

Cut bacon in strips and fry until crisp. Let it stand on a piece of paper towel to remove excess fat. Use the same bacon fat to fry the onions first, then the garlic, following the same procedure as above.

Okra Soup

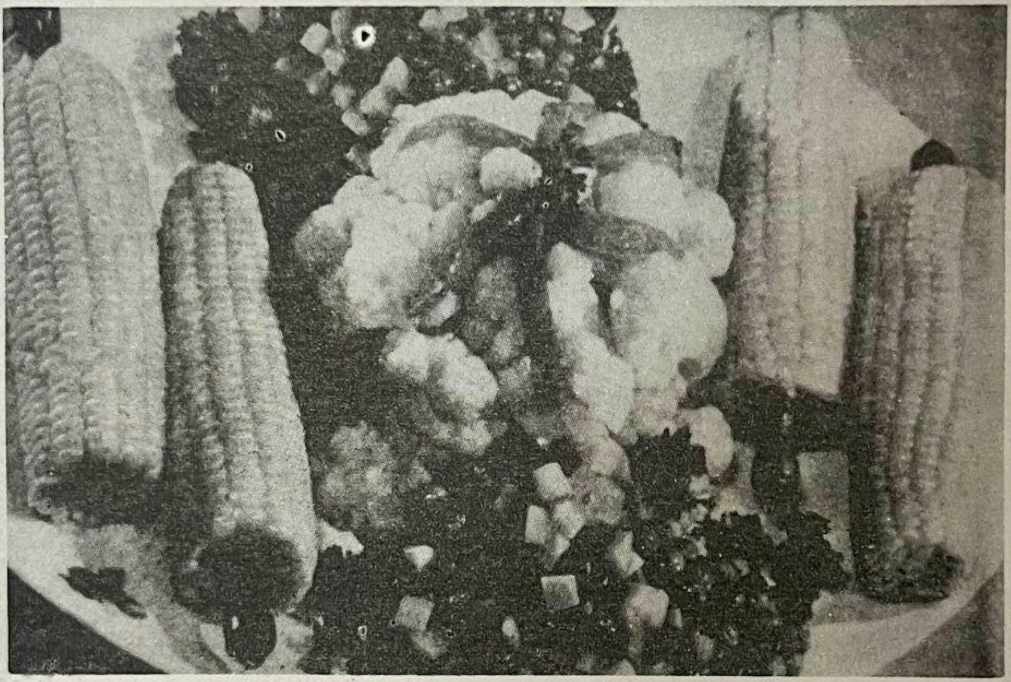
1 ham bone
6 cups okra
1 cup chopped green pepper
Salt to taste
2-1/2 cups tomatoes

Boil ham bone for 1 hour in enough water to cover. Add okra, tomatoes and green pepper. Cover and simmer for 3 minutes. Season with salt and serve.

French Onion Soup

3 tbsps. butter or margarine	4 rounds of toast
3 cups thin-sliced onions	Grated Parmesan cheese
1-1/2 qts. soup stock	or sharp American cheese
Salt and pepper to taste	

Melt the butter or margarine; add the onions and slowly fry until yellowed. Heat the soup stock; add the onions, simmer 3 minutes, and season to taste with salt and pepper. Transfer to large individual earthenware soup bowls. Top each with a round of butter toast covered with grated cheese. Place under the broiler or in a very hot oven until the cheese melts.



Russian Cabbage Soup

2 tbsps. butter or suet	1/2 tbsp. minced parsley
2 large onions, peeled and chopped	3 qts. soup stock
3 tbsps. flour	Salt and pepper to taste
1/4 cup tarragon or weak cider vinegar	

Heat the butter or suet; add onions and cabbage. Fry gently until light brown; stir in the flour and parsley. Add stock and simmer 1 hour. Season with salt and pepper. Small sausage balls may then be added to the soup and cooked until done. Stir in the vinegar and serve.

Sausage balls: Combine 1/4 lb. sausage meat, 1 egg yolk, 3/4 cup fine soft bread crumbs, and 1 tsp. scraped onion juice. Form into marble-sized balls. Roll in flour; cook 15 minutes in boiling soup.

CHICKEN – PREPARATION AND RECIPES

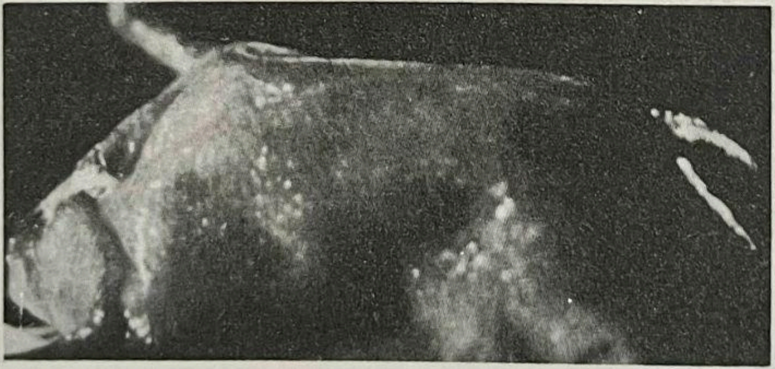
Characteristics of Good Poultry Chickens

1. They are plump, compact, and with unbruised or unbroken skin.
2. The skin and flesh are firm, but soft and elastic to touch.
3. Young birds have very smooth skin; older ones have a coarser skin with hair.
4. Legs and feet become much less smooth and more scaly with age.
5. End of breastbone farthest from the head is cartilage and flexible in young poultry, breastbone is hard all over in old poultry. Breastbone must be full of flesh.
6. Sex makes little or no difference in young poultry.
7. In old poultry flesh is darker, tougher, and stronger in flavor.
8. Feathers must be in good condition; combs, bright red, suggestive of health.

Milk-fed chickens appear less fat than corn-fed ones, but are better flavored, more juicy, and more tender because the fat is more evenly distributed through the flesh than it is in corn-fed ones. The latter gives deeper yellow yolk.

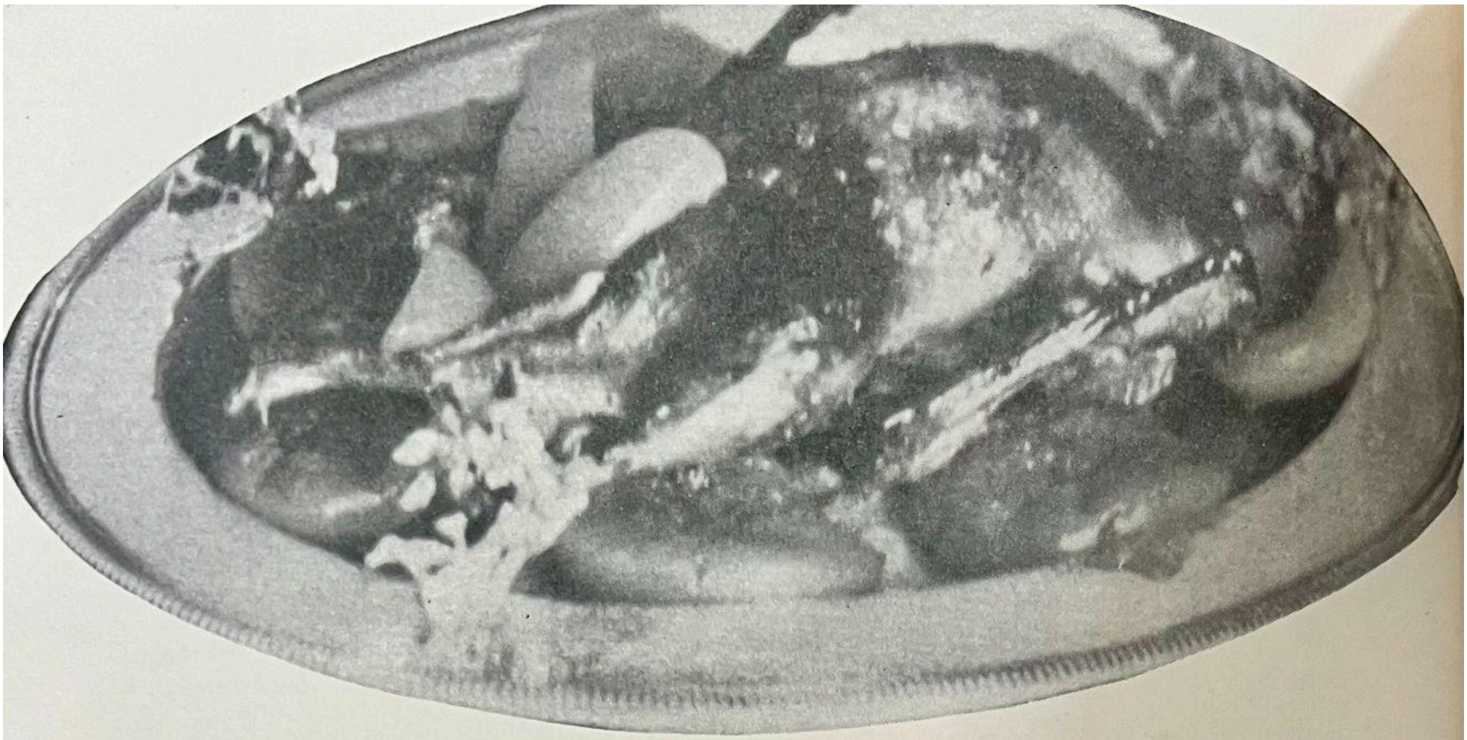
Dressed chickens cost more than live ones especially if one buys them from a grocery. One must consider the losses from dressing and drawing. It is estimated that one-eighth of the weight of a live bird is lost by dressing and another one-fifth by drawing. The two together makes one-third of the original weight.

Buying dressed chickens has the added advantage of giving the customer a good view as to how plump, compact, fleshy, and unbruised is a chicken he is buying.



Fried Chicken

Select a plump fryer. Clean and cut in halves or fourths. Broilers may be fried whole. Season with salt and pepper and fry in deep hot fat in a covered vessel. Pierce with a fork to test for doneness. This may be served with gravy prepared from its fat.



Adobong Manok

1/2 cup vinegar
1 tablespoon soy sauce
2 teaspoons salt
1/2 teaspoon whole black pepper
2 bay leaves, broken into small pieces
6 cloves of garlic, minced or mashed
2 celery tops and leaves, chopped
2-1/2 or 3-pound frying chicken, cut in serving pieces
2 tablespoons salad oil
Flour

Mix together the vinegar, soy sauce, salt, whole peppers, bay leaves, garlic and celery tops in a deep pan. Put the chicken pieces in the pan and turn them over several times in the mixture so that each piece is well coated: let stand for 2 hours (or three hours if you prefer a mild-flavored dish). Cover pan, bring to a boil, then simmer until chicken is just barely tender (about 30 minutes). Remove the chicken from the pan and cool slightly, then roll very lightly in flour. Heat the salad oil in a frying pan and brown the chicken in the hot oil on both sides. Pour the remaining sauce from the deep pan over the chicken and simmer until sauce is reduced in half. Serves 4.

Chicken-Potato Salad

7 cups potatoes, boiled, peeled and diced
2/3 cup peas, canned
1 cup carrots, boiled, cubed
1/4 cup celery, chopped
2 cups chicken, boiled and diced
2 eggs, boiled and sliced
1 tomato, sliced
1 cup mayonnaise
1/3 cup vinegar
Salt and pepper to taste
1/4 cup sweet pickles, chopped

Mix potatoes, celery, carrots, pickles, peas and vinegar in a bowl. Season with salt and pepper. Place in a refrigerator to chill. Just before serving, add the chicken and mayonnaise. Mix well and place in a salad bowl. Garnish with slices of boiled eggs, tomatoes and sprigs of parsley.

Pesang Manok

1 medium-sized chicken
1 cabbage, cut to pieces
1 head pechay
1 head green onions
1 green ginger
water
3 grains whole black pepper
Salt to taste

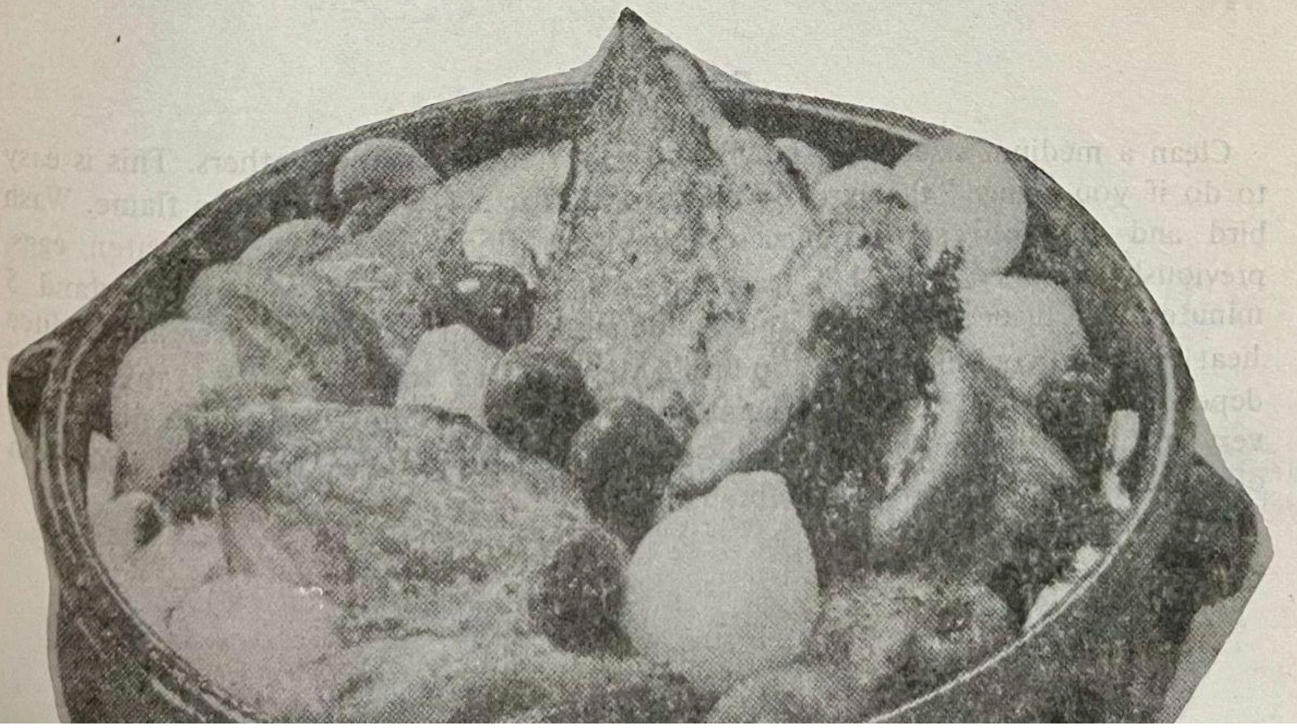
In a saucepan, put chicken, pepper, salt, and ginger with enough water to cover chicken. Cook, cover, until chicken is almost done. Then add the onion, cabbage and pechay, and cook covered for another fifteen minutes or until chicken is tender. Serve hot with patis.

Fried Chicken with Cream Gravy

1/2 cup flour
1 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon paprika
1 (2-1/2 to 3-1/2-pound) fryer cut up
corn oil
1 tablespoon corn starch
1-1/2 cups milk

Combine flour, salt, pepper and paprika. Lightly coat chicken with mixture. In large, heavy skillet, heat 1/4-inch corn oil. Add chicken; fry over medium heat, turning frequently, until chicken is tender and well browned, about 30 minutes. (If chicken is not tender, cover and cook over low heat until tender.)

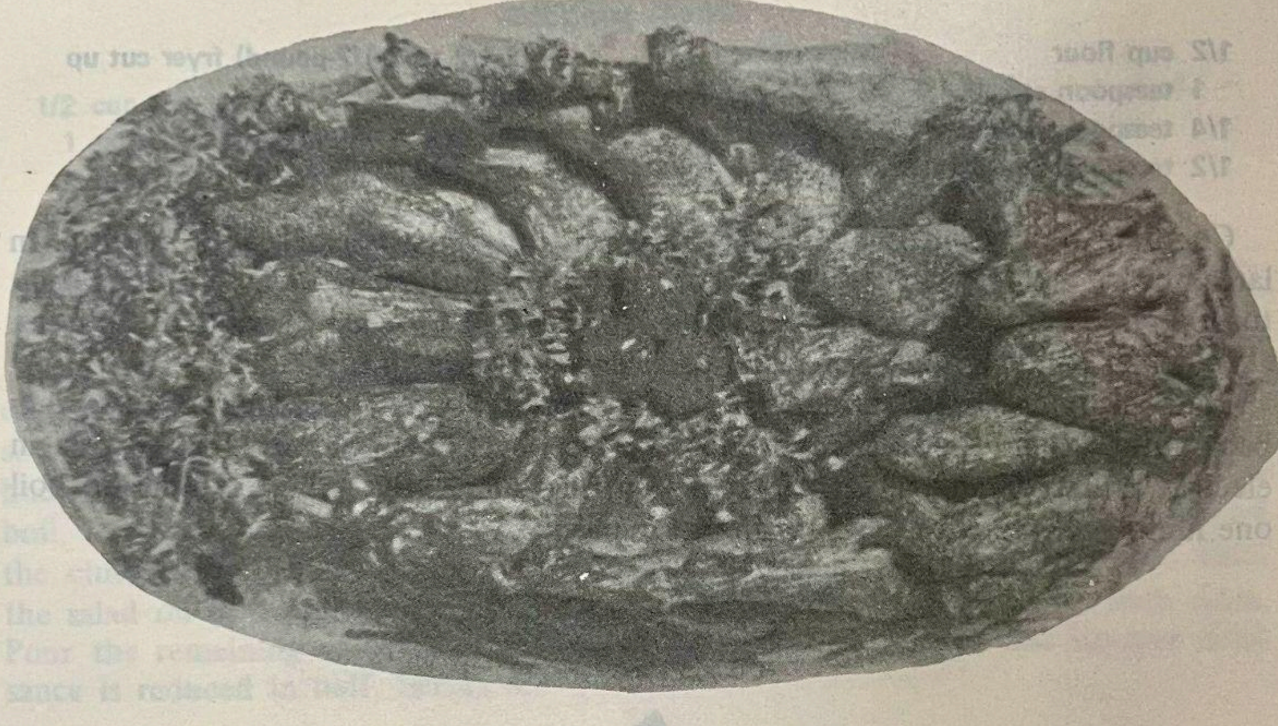
Pour drippings from skillet into cup. Measure two tablespoons of drippings back into skillet. Blend in corn starch. Place over low heat or 200 degrees in electric skillet. Gradually stir in milk. Stirring constantly, bring to boil and boil one minute. Serve with chicken. Four servings.



Chicken Curry

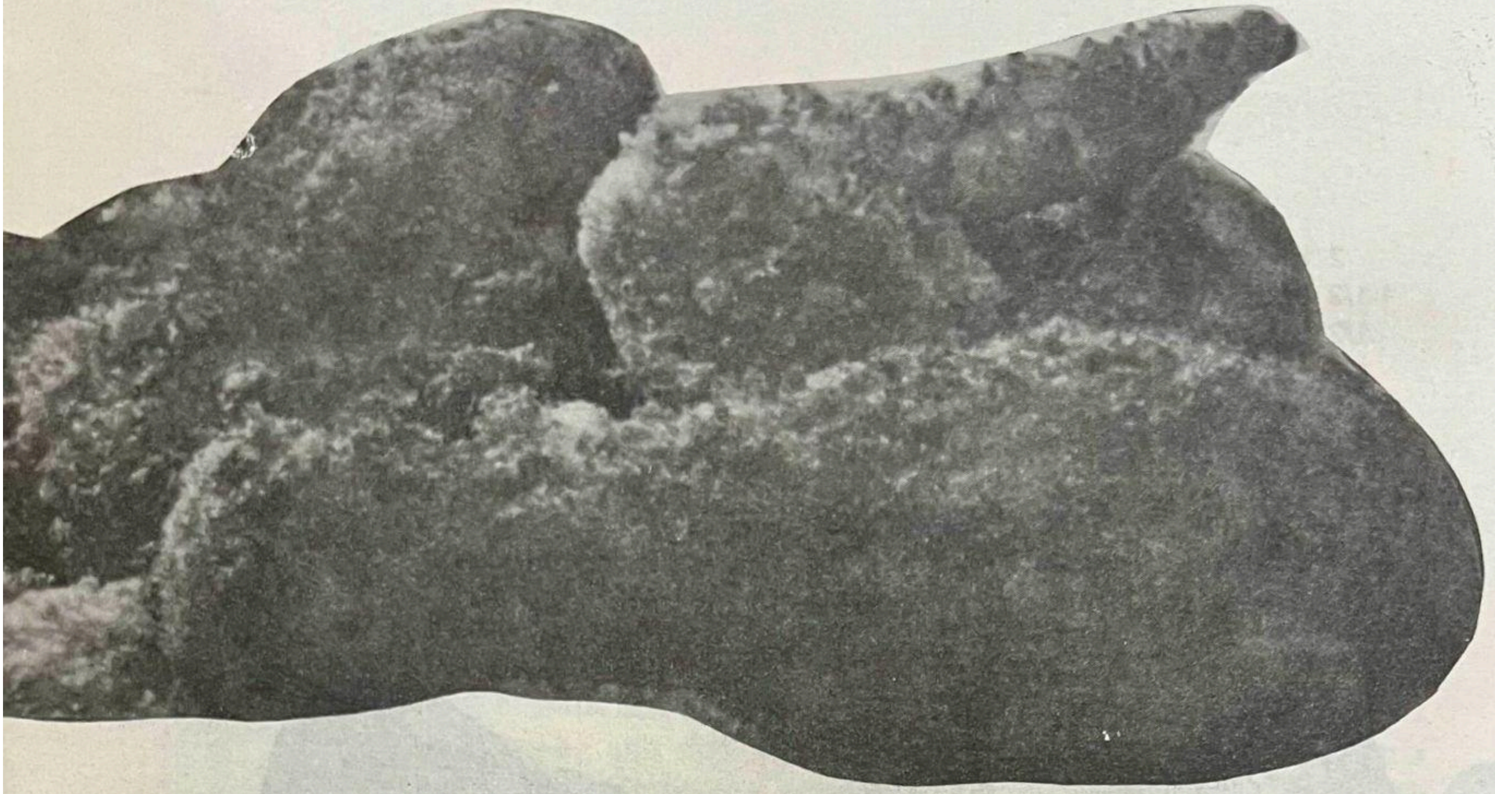
1 medium sized cut-up cooked chicken
3 tablespoons butter
3 tablespoons flour
3 cups chicken broth or hot water
1 cup coconut milk
1/4 cup minced onions
1-1/2 teaspoon curry powder
3/4 teaspoon sugar

Melt butter over low heat in heavy saucepan. Saute onion and curry in melted butter. Blend in flour and seasoning. Cook over low heat until mixture is smooth and bubbly. Remove from heat. Stir in chicken broth, sugar and coconut milk. Bring to a boil, stirring constantly. Boil for 1 minute. Add chicken. Heat. Makes 6 servings.



Fried Chicken

Clean a medium sized chicken. Be sure to remove all the feathers. This is easy to do if you "singe" the bird by exposing it for a few seconds to a flame. Wash bird and cut into serving pieces. Dip it in flour, then into 2 beaten eggs, previously seasoned with 1/2 teaspoon salt; then into flour again. Let stand 5 minutes. Fry in deep, hot oil until golden brown on all sides. Cover and reduce heat to lowest cooking temperature possible. Cook 15 to 25 minutes in this manner, depending upon age and tenderness of the chicken. Remove cover and place over very high heat. This will make the chicken crisp. Remove from pan and drain off excess fat. Serve with catsup.



Piccante de Pollo

- 1 whole cooked chicken, cut into serving pieces
- 1 onion, chopped
- 2 tbsp. olive oil
- 2 tbsp. dried ground yellow pepper (local hot pepper may be used instead)
- 2 cups chicken stock
- 2 tbsp. breadcrumbs
- 2 tsp. salt
- 1/2 tsp. black pepper

Heat olive oil in heavy saucepan. Add onions and saute until transparent. Add chicken stock, dried ground yellow pepper, salt and black pepper. Cook for 5 minutes. Add cooked chicken and bread-crumbs to thicken sauce.

Serve with boiled potatoes and cooked tuntos. Top chicken with juice of onions and sliced fresh tomatoes. Serves 4.

Chicken Honey

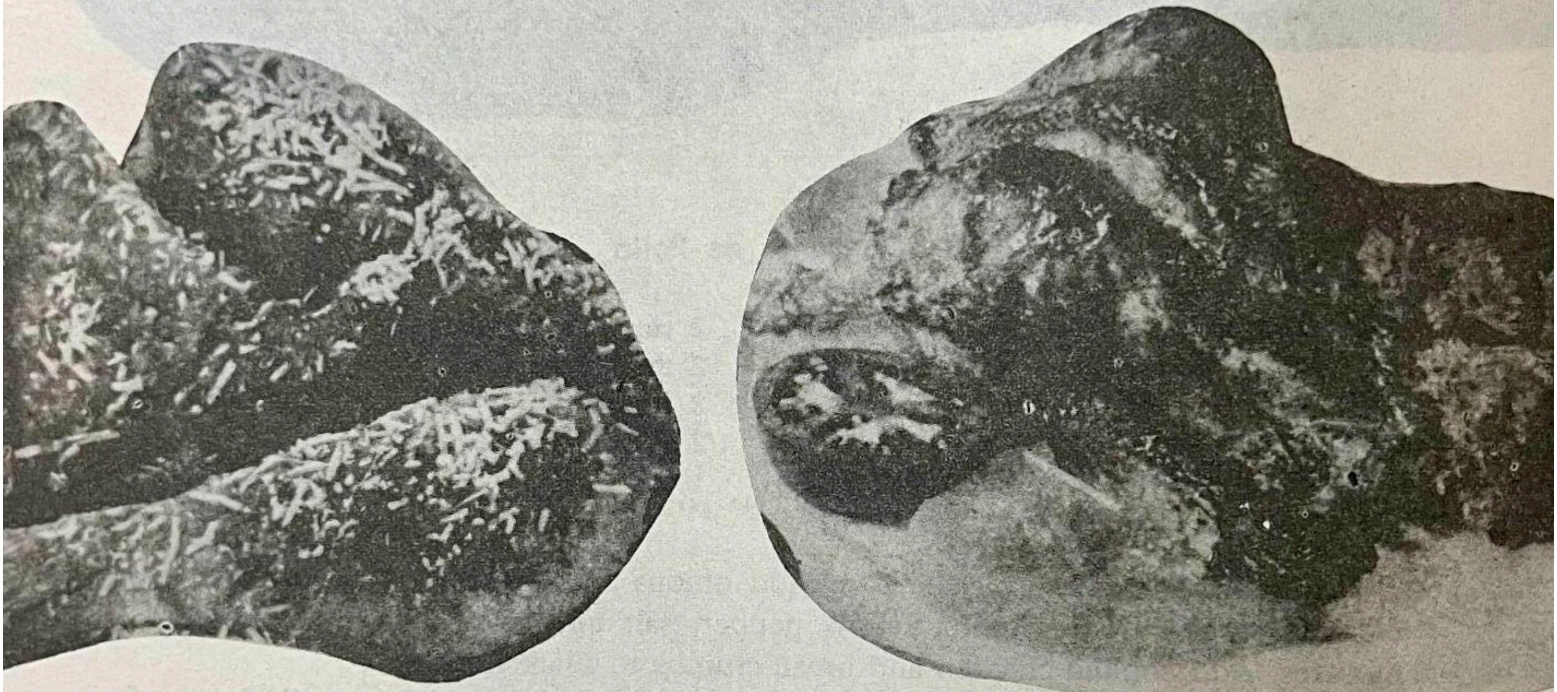
- 1 big cooked chicken, cut into serving pieces
- 1 onion, sliced
- 1 can tomato sauce
- 1 cup chicken broth
- 2 cups prunes
- 1 tsp. refined sugar
- 1/4 lb. butter
- 1/2 tsp. white wine
- 10 cooked pugo eggs
- Salt to taste

Melt butter and brown onion. Add cooked chicken, tomato sauce, and broth. Cover and simmer for a few minutes. Add sugar, white wine. Add remaining ingredients. Serve hot.

Chicken Meat Rolls

2 tbsp. cooking oil
1-1/2 tsps. garlic, finely chopped
1/2 cup onion, finely chopped
1/4 cup tomatoes, chopped
1/2 cup ground pork
1/2 cup chicken, diced
1/2 cup ground beef
1/2 cup cooked ham, diced
1/2 cup raisins
1-1/2 tbsps. patis
1-1/2 Worcestershire Sauce
1/2 tsp. pepper

Heat cooking oil. Saute garlic, onion and tomatoes. Cook until tomatoes are soft. Add ground pork, chicken, beef, ham and raisins. Season with patis, Worcestershire Sauce and pepper. Cook until meat is well done.



Clam-Chicken Salad

3 cups cooked clams
3 cups chicken meat, cooked and diced
1 cup diced carrots
1 cup diced beets
1 cup diced pineapple
2 tablespoons sugar
1 kilo potato, boiled and diced
1/4 kilo string beans, blanched and diced
2 cups mayonnaise
Salt to taste

Combine clams and chicken with vegetables and toss with mayonnaise. Add sugar and salt. Chill. When ready to serve, place on a bed of lettuce and top with sprigs of parsley.

RICE COOKED IN DIFFERENT WAYS

Arroz a La Luzonia
(Rice Casserole)

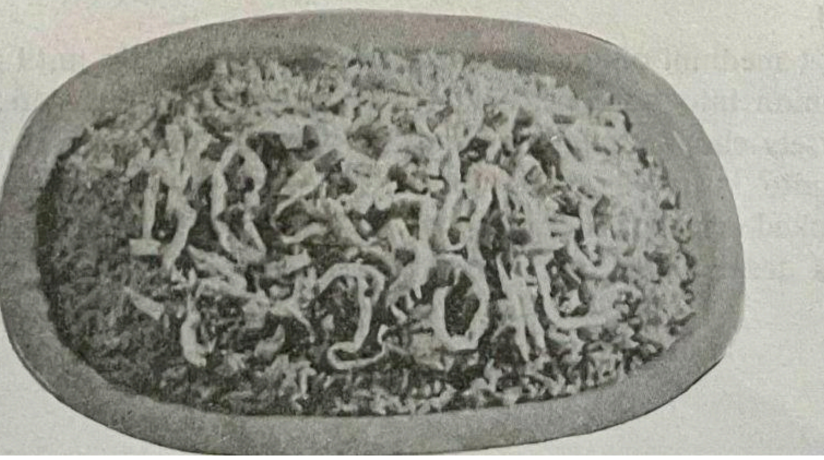
1 cup chopped onions
4 minced garlic cloves
1 pound pork, cut in 1/2-inch cubes
1/2 pound fresh shrimps shelled, deveined and cut in half
3 tbsps. oil
2 tsps. salt
1/2 tsp. freshly ground black pepper
1 tsp. Spanish paprika
2 cups cooked rice
2 eggs beaten
4 pimentos, cut julienne
2 hardcooked eggs, sliced
4 bananas, cut in 2-inch pieces
3 tbsps. butter

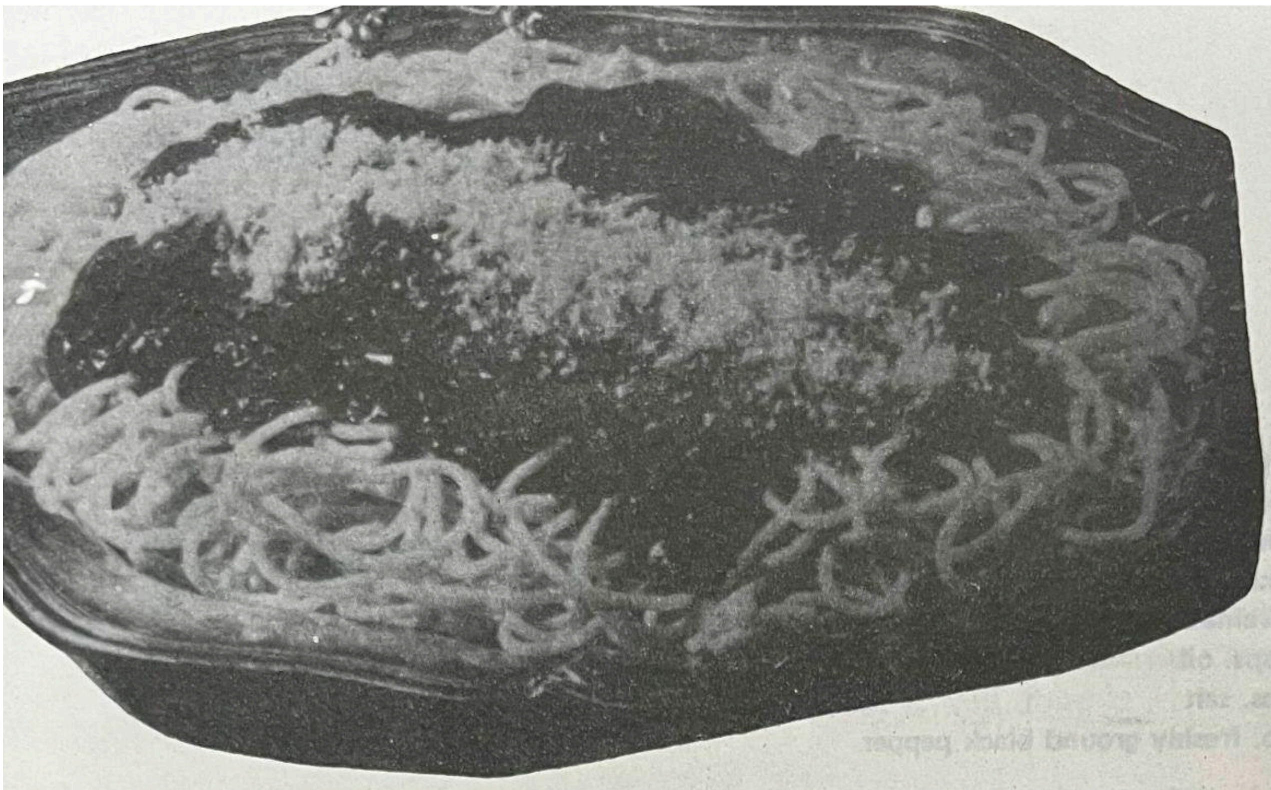
Saute onions, garlic, pork and shrimps in oil till brown, stirring frequently. Mix in the salt, pepper, paprika and rice. Cool 15 minutes. Add the beaten eggs; mix with 2 forks till blended. Taste for seasoning. Oil a casserole or baking dish thoroughly. Arrange the pimentos and sliced eggs on the bottom; turn the rice mixture into it. Cover with a piece of aluminum foil and place casserole in a pan of water. Cook over low heat 30 minutes. Carefully unmold onto a serving dish and garnish with the bananas which should be sauteed in butter. (Serves 6.)

Kiuning (Lanao) Coconut Rice

1 cup fresh grated coconut
4 cups milk
2 cups rice
1/4 lb. vegetable oil
1/2 cup minced onion
1-1/2 tbsps. curry powder or turmeric (dilao)
1-1/2 tsps. salt

Combine coconut and milk in saucepan – bring to a point of boiling and let soak for 30 minutes – press to extract all juice and discard pulp. Wash the rice as usual – melt margarine or vegetable oil in heavy saucepan and saute the onions 5 minutes – stir in the curry powder and rice. Cook over low heat stirring constantly for about 5 minutes. Add coconut milk and salt – cover and cook until rice is done. Watch carefully – just in case water is fully absorbed and rice may still not be done, and therefore a sprinkling of water may be needed – and lessening of heat to produce more steam. This recipe serves 6.





Paella

2 fryers (about 2 pounds each)
Cooking oil
Salt
1-1/2 cups raw rice
2 cloves garlic, minced
1 bay leaf, crumbled
Large pinch saffron
1/4 teaspoon pepper
1 cup canned tomatoes
3 cups water
1 green pepper, slivered
1 pimiento, sliced Dash cayenne
1 pound hot Spanish or Italian sausage
1 dozen little neck clams, shucked
1 pound shrimp, cooked
1 lobster tail, cooked and cut up
1 cup peas, cooked

Cut chickens in 20 pieces. Fry in shallow hot oil in skillet until browned. Put in large casserole, and sprinkle with 1 teaspoon salt. Put rice and garlic in skillet, and cook until rice is lightly browned. Add 2-1/2 teaspoons salt and next 8 ingredients. Bring to a boil, and pour on chicken. Cover, and bake in hot oven, 425°F, 25 minutes. Cut sausage in 1-inch pieces, and fry until browned. Add sausage and remaining ingredients to casserole, stirring lightly with fork. Reduce heat to moderate, 375°F., and bake, cover 15 minutes longer. Serves 8 to 10.

Rice with Fruit and Nuts

Wash 1 cup rice thoroughly. Combine rice with 4 cups milk, 1/2 teaspoon salt, few grains of pepper. Cook 45 to 60 min. or until rice is tender and milk is absorbed.

Saute 1 medium onion, chopped, and 1/4 cup butter until golden brown.

Stir onion into hot rice. Add 1/4 teaspoon nutmeg, 3/4 teaspoon turmeric, 2/3 cup coarsely chopped almonds and 2/3 cup seedless raisins.

Pack into buttered mold; unmold on serving plate at once. Serve with 2-1/2 cups cooked shrimp, sauteed, or with curried or fried chicken. Garnish with parsley if desired. Makes 6 to 8 portions.

Mole de Cerdo Con Arroz

1/4 ko. pork, diced
1/4 ko. beef, diced
1/2 cup toasted rice, powdered
1/2 cup peanut, grounded
2 segments garlic, crushed
2 tbsps. cooking oil
1/2 cup green peas
2 tbsps. pimenton powder
2 cups hot water
3 cups cooked rice
2 tbsps. butter or margarine
1 med.-sized red pepper, chopped
1 med.-sized green pepper, chopped
black pepper

Brown the garlic; then add the beef, pork, pimenton powder, black pepper, salt and water.

Cover and simmer for three minutes.

In another vessel, toss the rice in butter or margarine, then add the red and green pepper; mix very well.

Remove from fire and shape into a ring.

Arrange rice ring into a platter; set aside.

Add the toasted rice and grounded peanut to the meat mixture and stir continuously until the gravy thickens. Just before removing the mixture from the fire, add the green peas. Place the meat mixture in the middle of the rice ring. Garnish as desired.

Rice Pilap

Heat two tablespoons lard and 1 tablespoon oil in a pan. Add chopped onion and season. Cover with light stock and bring to a boil; add blanched and shredded almonds (pili nuts will do). Cover with waxed paper and the lid and cook in a moderate oven for 25 minutes. Remove, arrange in loaf shape on a serving dish, pour shrimps over and garnish the top with more nuts, if desired. The rice pilap may be substituted for plain boiled rice.

EGGS AND OMELETS

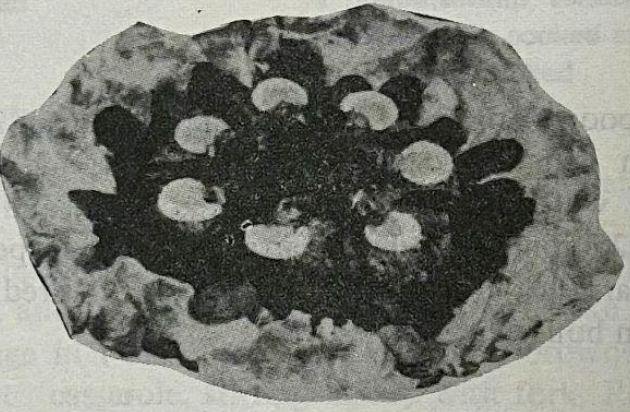
Special Stuffed Eggs

8 hard-cooked eggs, shelled	**1/4 teaspoon salt**
2 tablespoons butter or margarine, soft	**1/8 teaspoon pepper**
1/4 cup mayonnaise	**2 tablespoon seasoned fine dry bread crumbs**
1 teaspoon minced onion	**3 whole drained canned pimientos (2 chopped and 1 left whole for garnishing)**

Cut eggs in half lengthwise; remove yolks and reserve whites. Mash yolks; mix thoroughly with butter, mayonnaise, onion, salt and pepper, beating until fluffy. Beat in crumbs and the 2 chopped pimientos. Spoon yolk mixture into cavities of whites. Ruffle with the sharp tines of a kitchen fork.

Spread the remaining pimiento flat and tiny canape cutters, cut into fancy shapes; or with a sharp pointed small knife, cut into diamonds or strips. Garnish the stuffed eggs with the pimiento shapes.

For a delicious luncheon salad, serve the stuffed eggs with mixed green (tossed with dressing), anchovies, ripe olives and cubes of cheese. With these additions, you can count on the stuffed eggs serving eight persons – two halves for each portion.



French Omelet

2 eggs	**1/2 oz. butter or margarine**
Salt	**2 oz. cheese, shredded chopped**
Pepper	**parsley to garnish**

Beat the eggs lightly. Season with salt and pepper. Heat butter in a small frying pan and, when sizzling hot, pour in eggs. Cook, stirring lightly with fork, pushing the set egg into middle of pan. Sprinkle shredded cheese down middle. Slip omelet to edge of pan, fold in half and sprinkle with chopped parsley.

Serve at once.

Omelet with Ham or Bacon

6 eggs	**3 tablespoons butter**
4-6 tablespoons milk	**Salt and pepper**

Beat eggs until yolks and whites are combined; add seasoning and milk or water.

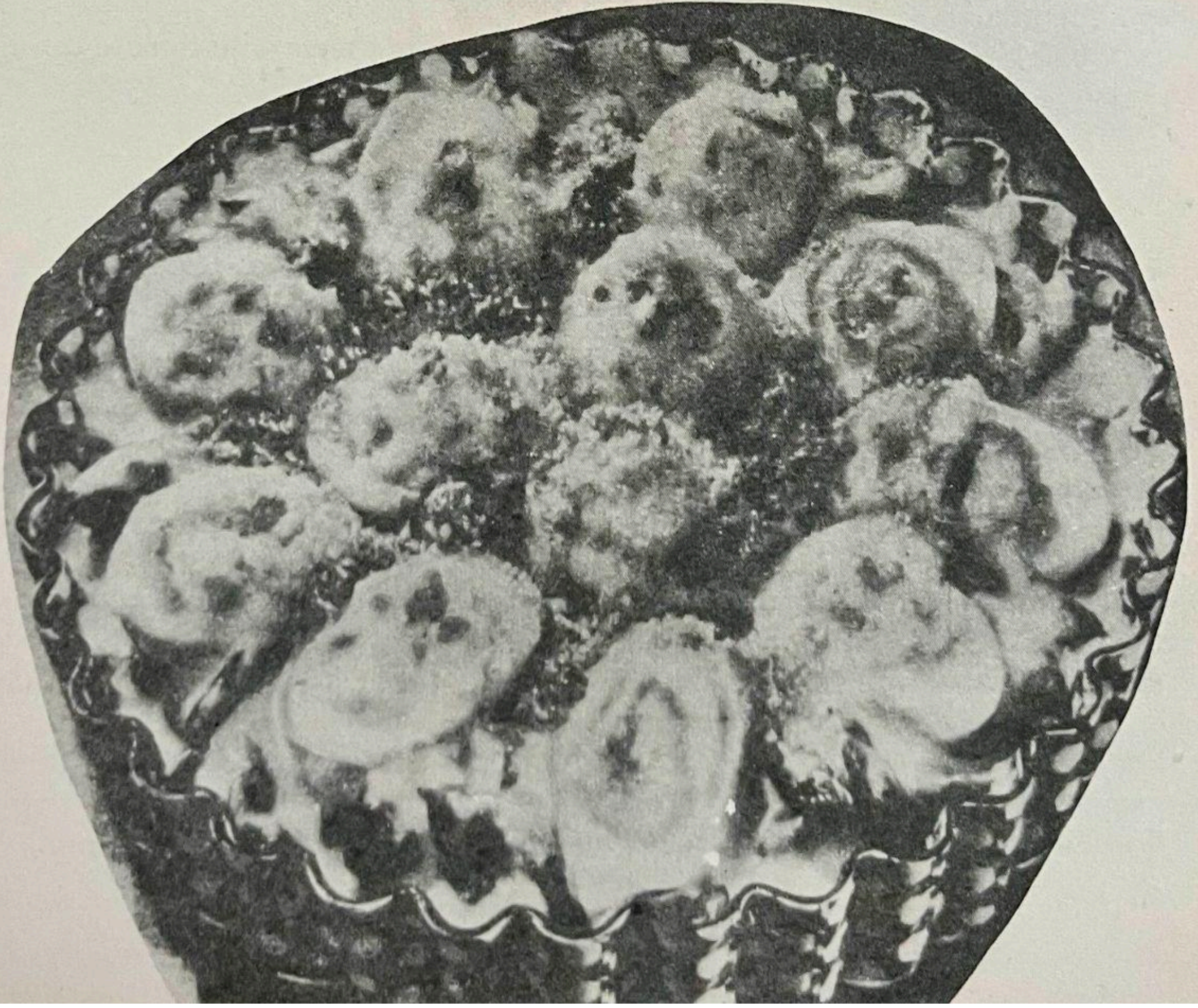
Heat butter or drippings in skillet until moderately hot. Add beaten eggs. Cook over low heat, lifting the mixture very gently with a spatula as it cooks on the bottom. When the bottom is browned and the mixture is firm, fold in half, or roll jelly-roll fashion.

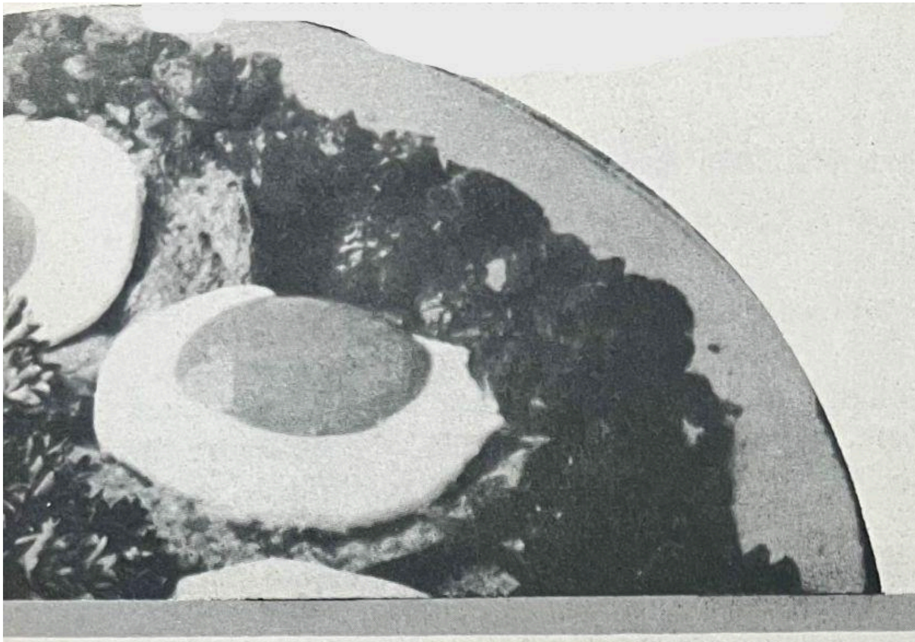
Variation: Sprinkle 1/4 cup grated cheese, ham or bacon, etc. before folding.

Omelet Calypso

2 tablespoons butter or margarine	**2 tablespoons chopped green pepper**
6 eggs, slightly beaten	**1 tablespoon chopped onion**
1/3 cup milk	**cheese spread, sliced, cut in half diagonally**
Salt and pepper	
1/2 cup chopped cooked ham	

Melt butter or margarine in skillet over low heat. Combine eggs, milk and seasonings; pour into skillet. Cover with ham, green pepper and onion. Cook slowly. As egg mixture sets, lift slightly with a spatula to allow uncooked portion to flow underneath. Fold in half; top with cheese spread. Broil until melted.





Poached Eggs on Hash

1 can (15-1/2 oz.) corned beef hash
4 eggs

Remove both ends of can. Push hash out in one piece. Cut into four equal slices and shape slices into patties. Bake hash patties in a 450°F. oven for 10 minutes, or until nicely browned.

While hash is baking, bring water in shallow pan or skillet to the boiling point – water should be about two inches deep. Reduce heat to hold temperature at simmering. Break each egg into a sauce dish and slip egg into water, holding the dish close to the water's surface. Cook three to five minutes, depending on the firmness desired. Remove eggs with slotted pancake turner or spoon and drain on paper towel, if desired.

To serve, place an egg on each pattie of baked hash and serve with tomato catsup, horseradish, or chili sauce, if desired. Makes four servings.

Stuffed Holiday Eggs

4 hard-cooked eggs
1 tablespoon cooking oil
5 cloves garlic
1 small onion, minced
2 rashers bacon, chopped
1 cup ground pork
2 tablespoons flour
3/4 cup shredded cheese (3 ozs.)
2 cups water
Salt, pepper
1 tablespoon vetsin
Chopped green onions
Pimiento

Separate hard-cooked egg yolks from whites: mash and set aside.

Saute garlic and onions; add bacon and pork. Cook well. Stir in flour and cook until mixture separates from the sides of the pan.

Separate 1/2 cup of the mixture and combine with 1/4 cup shredded cheddar cheese and the egg yolks. Correct seasonings. Fill up whites with this mixture.

Meanwhile, add water to the remaining mixture and continue cooking. Stir in remaining cheese. Season to taste with salt, pepper and vetsin.

Garnish sauce with chopped green onions and the eggs with strips of pimiento.

PREPARATIONS FOR PORK AND BEEF

Pork and Beef Loaf

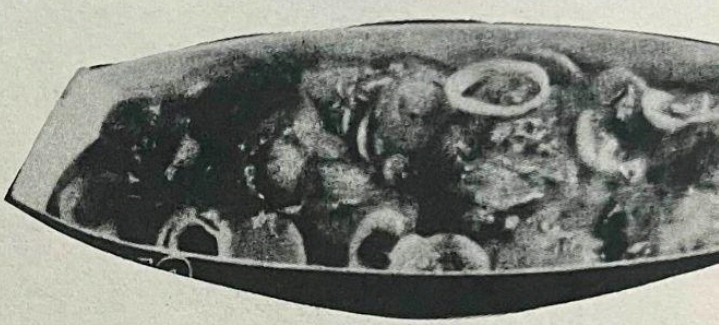
1/2 kilo ground pork
1/2 kilo ground beef
1/2 cup finely chopped onions
1 egg, slightly beaten
3/4 cup milk
1 cup soft bread crumbs
2 teaspoons salt or to taste
1/4 teaspoon pepper
3 hard-cooked eggs, shelled
Cheese whiz for garnish

Mix well first 8 ingredients in bowl. Spread 1/2 of meat mixture on bottom of loaf pan. Arrange hard-cooked eggs vertically in a row in center; pat rest of meat mixture around and over them. Bake 1 hour at 350°F.

Remove from oven and invert onto baking sheet. Spread top with cheese whiz and broil for 5 minutes or until cheese melts.

Garnish with tomato slices, sliced stuffed olives and parsley sprigs. Serve warm.

8 servings.



Baked Spare Ribs in Honey Sauce

1 k. spareribs, cut in serving pieces
1 onion, quartered
1/4 cup soy sauce
1/4 tsp. pepper
1/2 tsp. salt

Combine ingredients together in saucepan. Boil 2 hours or until spareribs are tender. Drain. Arrange spareribs in a baking pan, set aside. Prepare sauce.

Sauce:

1 tbsp. ginger juice
1/2 cup honey
2 tbsps. brown sugar
1/4 tsp. pepper
2 tbsps. soy sauce
1 onion, minced
1 tbsp. Worcestershire sauce

Blend ingredients together. Pour over spareribs. Bake at 400°F. for 3 minutes. Serve with candied sweet potatoes.

Paksiw na Pata

1 pig's feet boiled until tender. (The nails are removed and the pig's feet cut into pieces, blanched and scraped before boiling.)

- 1 head garlic
- 1 teaspoon peppercorn
- 1/2 cup vinegar
- 3 tablespoons toyo
- 1 bay leaf (laurel)
- 1 piece thyme (oregano)
- 1/2 cup brown sugar
- Salt to taste

To the boiled pig's feet add the rest of the ingredients and cook for fifteen minutes or more until the gravy is thick and rich. Fried saba bananas are added before serving. Some people like to add banana blossoms (dried) to *paksiw na pata* while others omit the blossoms and use the fried bananas.

Chorizo (De Recado)

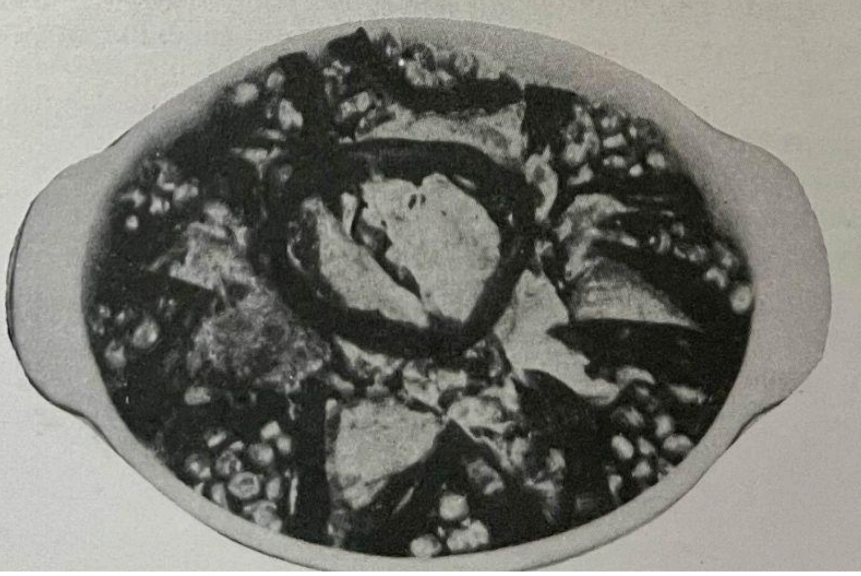
- 2 kilos pork
- 5 tbsp. pimenton (de España)
- 3 tbsp. salt
- 1/4 cup white wine
- 1/4 tsp. nutmeg
- 1/4 tsp. pepper
- 1/4 tsp. thyme
- 1-2 tbsp. crushed garlic
- Pig's intestines

Remove fat from the pork. Grind pork (not too fine.) Cut fat in small pieces. Mix all ingredients. Let stand for 8 hours. Fill intestines to desired sizes and tie. Prick sausages with a pin. Sun for a few hours before frying.

Chorizo (De Jamon)

- 1-1/2 kilo pork
- 1 tbsp. salt
- 3 tbsp. toyo
- 1 tbsp. brown sugar
- 1/4 cup white wine

Follow procedure for Chorizo de recado.

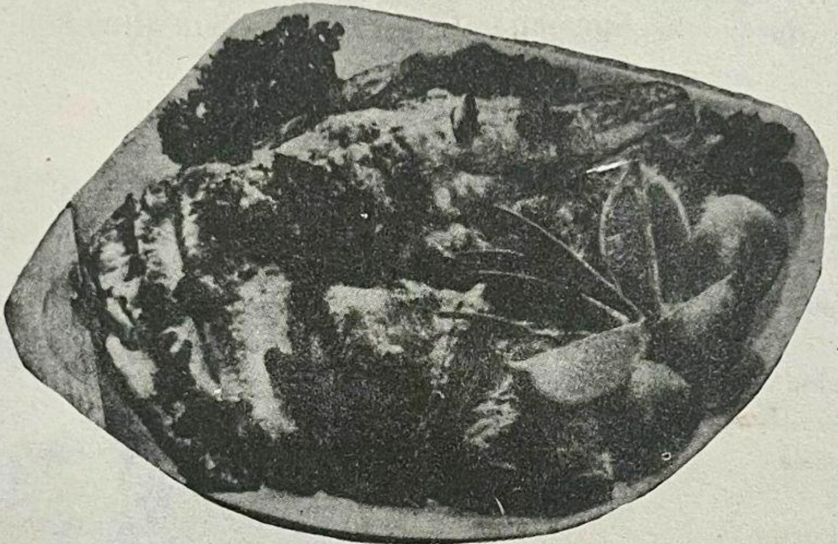


Duck-Pork Caldereta

- 1 medium sized duck, cut into serving pieces
- 1 kilo pork cut into pieces
- 1 can sausage
- 1 bilbao sausage
- 1 cup green olives
- 1/4 lb. butter
- 2 tsps. refined sugar
- 4 segments garlic pounded
- 2 tsps. Bourbon (or Rum)
- 2 tsps. Worcestershire sauce
- 1 can pimiento cut into strips
- 1 oz. grated cheese
- Salt to taste

Melt butter and brown garlic and onions. Add the duck and pork. Cover and cook until tender. Add the tomato sauce and Bourbon. Simmer for a while then add the remaining ingredients.

From 8 to 10 servings.



Sweet-Sour Pork

- 1-1/2 lbs. pork shoulder, cut in 1-inch pieces
- 1 can (3 or 4 oz.) mushrooms
- Water
- 1 green pepper, cut in strips
- 1 medium onion, sliced
- 1/4 cup brown sugar
- 2 tsp. soy sauce
- 1/4 cup vinegar
- 1 tbsp. cornstarch
- 3 cups hot cooked rice

Brown meat in skillet. Drain mushrooms; measure liquid. Add enough water to make 1 cup. Add to skillet; bring to a boil. Cover; reduce heat and simmer 45 minutes. Add mushrooms, pepper and onion. Mix together sugar, soy sauce and vinegar. Add to skillet and cook, stirring occasionally, 15 minutes longer. Blend cornstarch with small amount of water. Stir into hot mixture. Cook, stirring, until slightly thickened. Serve with hot cooked rice. Serves 4.

Morcon

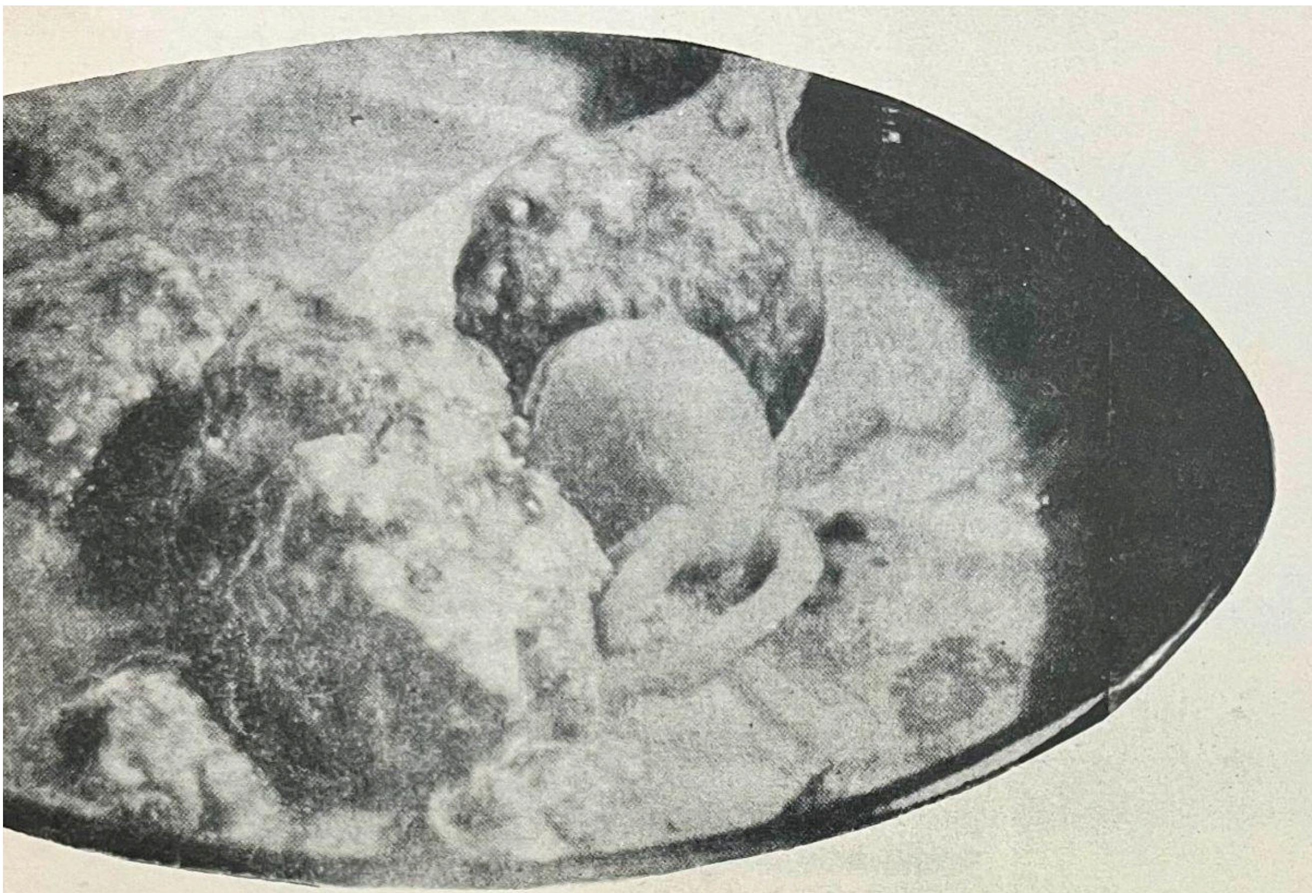
1 kilo lean beef
1/4 cup ground ham
1/2 cup ground pork
2 tbsps. grated quezo de bola
1/4 cup sweet pickles
2 tbsps. seedless raisins
2 hard-boiled eggs, quartered
1 tsp. toyo
Juice of 3 calamansi
Salt and pepper to taste
1 unbeaten egg

Slice meat into a sheet about 1/4 inch in thickness. Spread out and season with salt, pepper, calamansi juice and toyo. Mix the rest of the ingredients, season to taste, and spread over the meat. Roll as you would jelly roll. Secure with a string. Place in deep pan and cover with 2 cups water, 1/4 to 1/2 cup native vinegar, a sliced onion, 2 cloves garlic, 1/2 cup tomato sauce, toyo and pepper to taste, a small piece of laurel leaf. Simmer until tender. Drain, and slice crosswise. Serve with gravy.

Beef Cubes in Tomato Sauce

1/2 kilo lean beef, cubed
1 tbsp. garlic, crushed
2 tbsps. cooking oil
1 8-oz. can tomato sauce
2 tsps. soy sauce
1/4 tsp. pepper
1 tsp. brown sugar
1/2 cup water
2 small onions, quartered

Saute garlic in hot oil. Sear the beef cubes. Add the rest of the ingredients, except the onions. Cover and simmer until beef is tender, adding more water if needed. Add the onions and cook these until half-done. Serve 6.



Beef Balls

- 1/2 kilo ground beef
- 1 teaspoon salt
- 1 teaspoon Worcestershire sauce
- 1 tablespoon butter or margarine
- 2/3 cup evaporated milk
- 1/3 cup water
- 1/4 teaspoon celery seed (optional)
- 1/4 cup finely chopped onion
- dash of pepper
- 2 tablespoons flour oil for frying
- 1 4-oz. can mushrooms, drained and sliced
- 1/2 cup Miracle Whip

Combine first six ingredients in a bowl; mix well. Shape into balls and brown in hot oil. Drain and set aside.

Melt butter in saucepan and saute mushrooms. Add remaining ingredients and beef balls; heat slowly, stirring constantly, for 5 to 10 minutes.

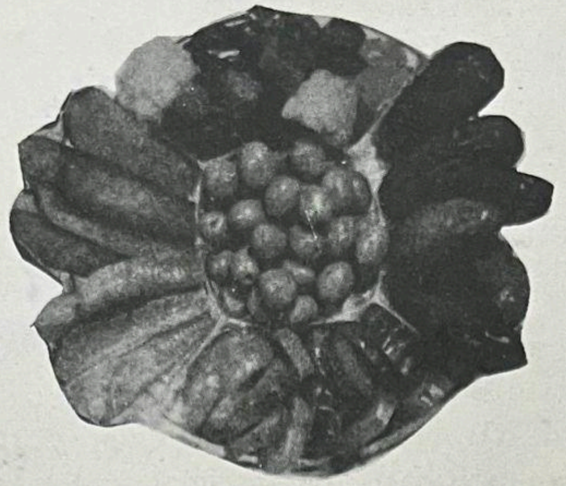
Serve warm over rice or noodles and garnish with parsley sprigs.

5 to 6 servings.

Fried Vegetables and Beef

- 1 kilo beef, cut into strips
- 2 medium size green pepper
- 2 medium size red pepper
- 2 onions
- 4 cups bamboo shoots (labong)
- 2 tsp. refined sugar
- 3/4 cup soy sauce
- 2 tsp. Worcestershire sauce
- Salt to taste

Marinate beef in soy sauce, sugar, and Worcestershire sauce. Saute onion in fat until yellow. Add beef and cook for 3 minutes. Stir in rest of ingredients and cook for 5 minutes. Season with salt. Serve at once. Good for at least 8 servings.



DIFFERENT APPETIZERS

Native Achara (Pickles)

Bamboo Shoot Pickles

4 sliced bamboo shoots
2 sections garlic
2 sweet red peppers
1 red hot pepper (optional)
8 small native onions
A piece of ginger

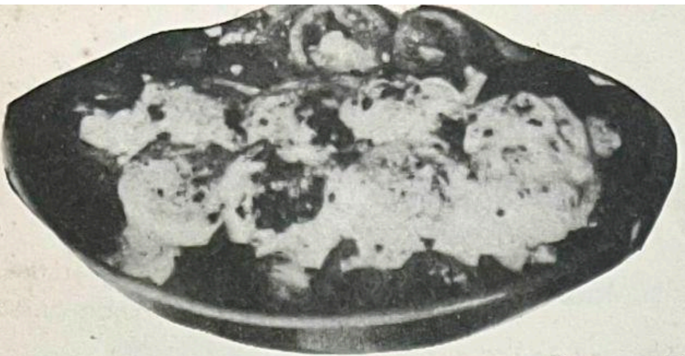
Take fresh bamboo shoot and cut into desired pieces. Soak overnight in strong salt solution. This keeps bamboo shoot white. Boil in plenty of water until tender. Drain and pack in jars with the above ingredients which, with the exception of the hot red pepper and onions, must also have been sliced in small pieces. Arrange ingredients in the jars to make the pickle look attractive. Make a solution of 4 parts of vinegar to 1 of sugar (salt may be added) and while boiling hot pour in the bottle to cover the product. Seal the jar tightly.

Ensalada de Pasig

Calamias
River shrimps (ulohan), boiled
Tomatoes
Seasonings

Wash calamias and slice crosswise very thinly. Chop some tomatoes and combine with calamias in a bowl. Add the shrimps, boiled with salt but unpeeled. Season with vinegar, salt and a little sugar and pepper to taste.

Instead of the small river shrimps with large heads, alamang, even hibe (dried shrimps) may be used. When hibe is used, it should be soaked in cold water, washed thoroughly then pounded until soft. Those who are particular, blanch the hibe in boiling water.



Pepper Relish

4 cups mild vinegar	8 onions, medium-sized
6 green bell peppers, seeded	1 cup sugar
6 red peppers, seeded	2 tablespoons salt

Chop peppers and onions fine (or put them through the meat chopper, if you have one). Pour on boiling water. Drain. Cover with cold water, bring to a boil, and drain. Bring vinegar, salt, and sugar to boil, add the chopped mixture, and boil for 1 minute. Will make about 12 cups.

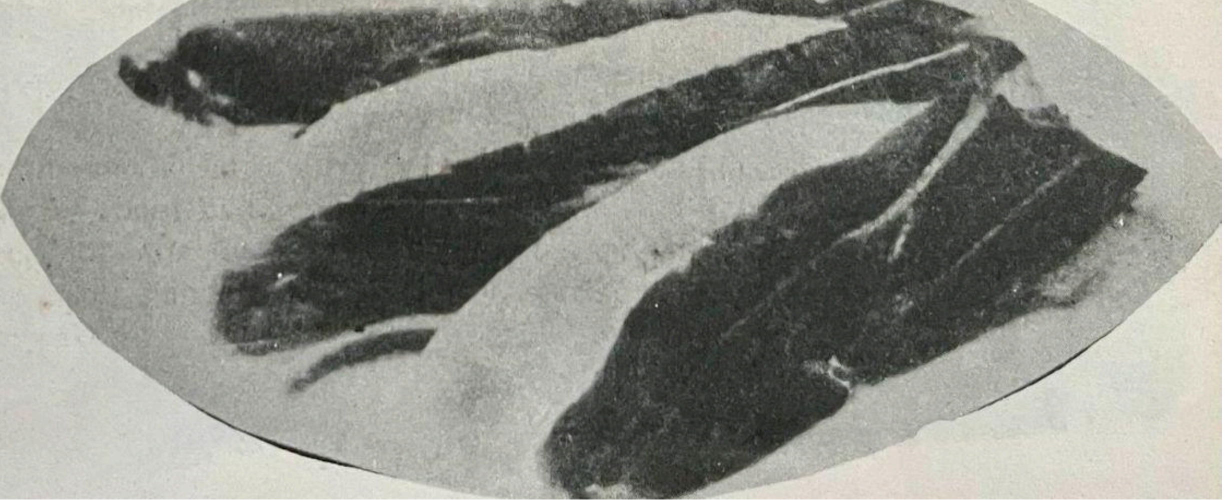
Stuffed Tomato-Egg Salad

- **4 firm well shaped tomatoes**
- **Salad greens**
- **4 hard-cooked eggs**
- **1/2 cup diced celery**
- **2 tablespoons salad dressing**
- **1/2 teaspoon Worcestershire sauce**
- **1 tablespoon or more lemon juice**
- **Salt and pepper**
- **Frizzled dried beef, or crisp diced bacon**

Remove skins and the core from chilled tomatoes. Cut in 5 or 6 sections and press open gently to make a flower. Sprinkle inside with salt and pepper. Place on salad greens. Meanwhile chop eggs, not too fine. Add celery, salad dressing, Worcestershire sauce and lemon juice. Season well to taste. Spoon into center of tomato. Top with additional dressing, then the dried beef. Serves 4.

Tomato Fritters

Select green or firm ripe tomatoes and slice 1/2 inch thick. Sprinkle with salt and pepper. Dip in beaten egg, then in crumbs. Fry in shallow fat until browned. Serve at once.



NOODLES – PANCIT, MACARONI AND SPAGHETTI

Pancit Molo

1 kilo ground pork
1 cup flaked chicken
1 cup diced, uncooked ham
1 cup shelled shrimps
3 eggs
Black Pepper
Ham-chicken broth

2 medium-sized onions
1 medium-sized garlic, chopped
1/2 cup green onions
1 heaping tbsp. vet-sin
2 pieces tahure
Bone of uncooked ham

Mix the ground pork, soy sauce, eggs, and chopped garlic thoroughly and add a dash of pepper. Wrap the mixture in the Pancit Molo wrappers with a teaspoon.

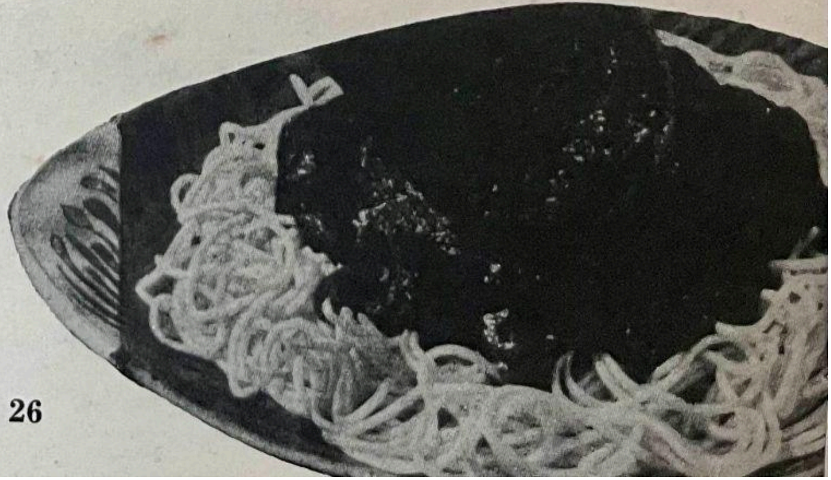
Saute garlic and onions until slightly brown. Add the ground tahure until done. Add the shrimps, ham and chicken and cook for five minutes. Add the broth and bring to boil. Drop the stuffed wrappers in the broth and boil for 15 minutes. Add a dash of salt and pepper to taste. Sprinkle chopped green onions before serving. Serve while hot.

Pancit Luglug

1/2 kilo fresh miki
1-1/2 cups shrimps
3 cakes tokwa
1 bunch kinchay
5 hard-boiled eggs
Calamansi, pepper, patis for seasoning

1 cup powdered chicharon
1 cup pork, boiled then diced
12 fresh squids
1 head garlic
1 bunch green onions
2 onions
Flesh of 10 tinapa

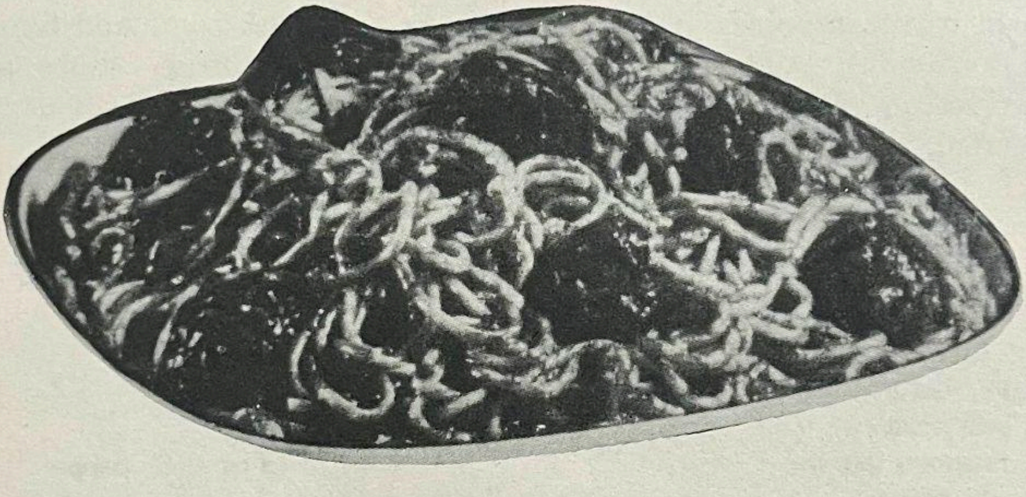
Blanch and peel shrimps, then cut lengthwise. Set aside heads. Prepare tokwa, kinchay, onions as for Pancit Guisado. Remove bones, scales from tinapa. Saute garlic. Boil squids separately with vinegar, salt and pepper added to the water. Mince onions. Fry tokwa along with garlic, add shrimps, pork, and onions. Season with patis and pepper, color with a little achuete. Blanch miki, drain, set aside. Arrange on platter. Garnish with cooked mixture, top with slices of hard boiled eggs.



Spaghetti and Meatballs

1 pound ground beef
1/4 cup bread crumbs
1 egg, slightly beaten
3 large cloves garlic, minced
1/2 teaspoon salt
4 slices bacon
1 medium bay leaf
1 teaspoon oregano, crushed
2 cans (10-3/4 oz. each) Tomato Soup
1 cup water

Combine beef with bread crumbs, egg, 1 clove garlic, salt; shape into 16 meatballs. In large pan, cook bacon until crisp; remove and crumble. Pour off all but 2 tablespoons drippings. Add meatballs; brown with 2 cloves garlic, bay leaf, oregano. Add soup, water. Cook over low heat 30 minutes; stir now and then. Remove bay leaf. Add bacon to sauce. Serve over hot spaghetti; top with grated Parmesan cheese, if desired. Makes about 2-1/4 cups of tangy tomato sauce.



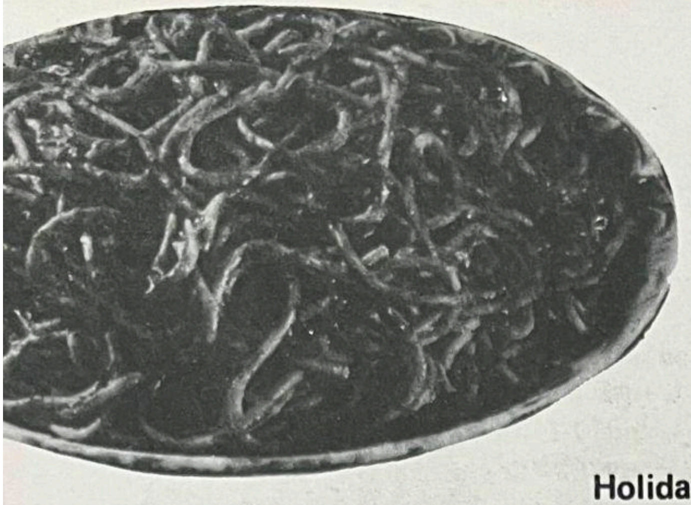
Spaghetti a la Peperoni

7 oz. pkg. spaghetti
2 tablespoons butter or margarine
1/4 cup minced onion
1/2 cup diced green pepper
4 oz. can tomato sauce
1-1/2 cups chicken broth
1/2 teaspoon salt or to taste
1/4 teaspoon pepper or to taste
1 cup diced cooked chicken
1 cup strips of cooked ham
8 oz. cheddar cheese cubed

Cook spaghetti until tender but firm, drain.

Melt butter in skillet; saute onion and green pepper. Pour in tomato sauce and chicken broth. Season. Add chicken, ham and cheese. Heat until cheese melts then add spaghetti and mix well. Serve warm, garnished with green pepper rings.

8 servings.



Holiday Spaghetti

1 pkg. pre-cut spaghetti
2 tbsps. butter or margarine
1 cup bacon, cut into pieces (1/4 lb.)
1 tsp. garlic, minced
1/4 cup chopped onions
1/2 cup sliced mushrooms
1 cup tomato sauce (one 8-oz. can)
1-1/4 cup sausage, mashed (8-oz. can)
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. tabasco sauce
1 tbsp. sugar

Cook pre-cut spaghetti as directed in package, then drain. Add butter and blend well. Place on platter and set aside. Fry bacon, remove from fat. Saute garlic and onion in bacon drippings, add mushroom and cook till brown. Add tomato sauce; allow to simmer. Add bacon, sausage, salt, pepper, tabasco sauce and sugar; simmer for about 2 minutes. Pour sauce over cooked spaghetti. If desired, serve with grated cheese. Serve hot. Yield: 8 to 10 servings.

Macaroni and Luncheon Meat

6 oz. macaroni or spaghetti broken into pieces (1-1/2 cups)
1/2 teaspoon salt
Small piece bayleaf
4 tablespoons flour (1/4 cup)
6 oz. cheddar cheese, shredded
6 slices fresh or canned pineapple
2 cups milk
1 small onion
4 peppercorns or pinch pepper
2 oz. butter
1 tablespoon dry sherry, optional
12 oz. can luncheon meat cut into 6 slices

Cook macaroni or spaghetti in plenty of boiling salted water for 15 minutes or until tender. Drain.

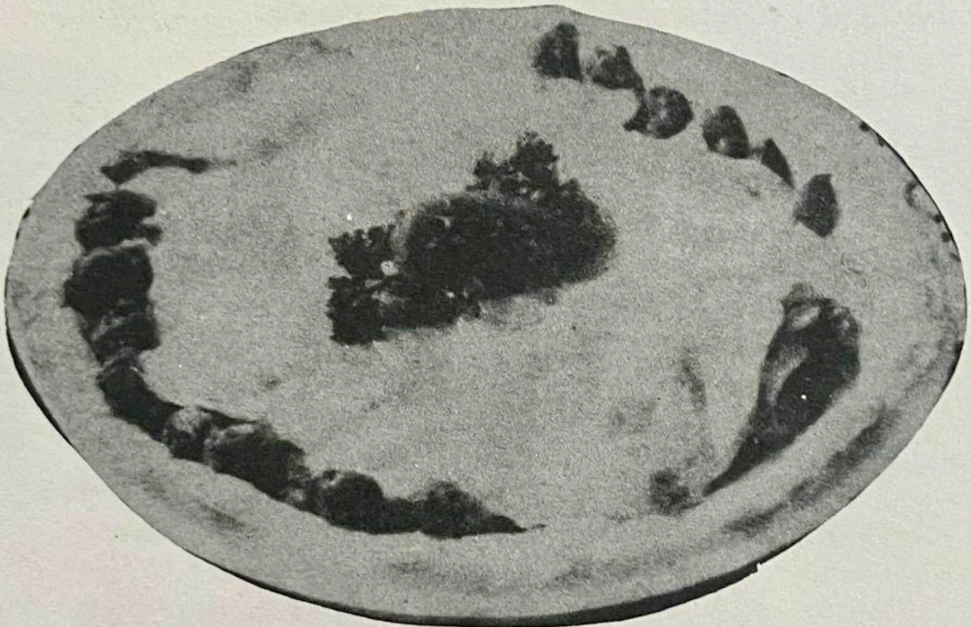
Meanwhile heat milk, onion, salt, peppercorns or pepper and bayleaf in a saucepan. Cover and allow to stand for 7 or 10 minutes. Melt 1 oz. of the butter in a saucepan, add flour and cook a few minutes. Strain milk and add gradually, stirring until sauce boils and thickens. Add the dry sherry, if used, and shredded cheddar cheese, stir until cheese melts. Add the macaroni or spaghetti to the sauce and mix well. Spoon macaroni cheese down the center of a heated serving dish and keep hot.

Melt remaining butter in a frying pan and fry the slice luncheon meat and pineapple until golden brown on both sides. Arrange alternate slices of meat and pineapple on either side of the macaroni.

Macaroni a la King

1/4 cup butter or margarine
1/4 cup flour
1-1/2 tsp. salt
1/4 tsp. pepper
2 cups milk
1/4 cup chopped onion
1/2 cup sliced mushrooms
1/3 cup pimiento, cut in thin strips
1/3 cup green pepper, thinly sliced
1/2 cup diced vienna sausage
1 pkg. (7 oz.) macaroni

Melt butter or margarine over low heat in a heavy sauce-pan. Add flour, salt and pepper; stir until blended. Remove from heat. Gradually stir in milk. Return to heat and continue stirring until mixture is smooth and thickened. Saute onion, mushrooms and green pepper in oil. Add sausage and pimiento. Turn off heat. Cook macaroni as directed on package. Mix with sauted mixture and sauce. Place in a greased casserole. Top with crumbs and a dash of paprika. Bake at 375°F for 20 minutes or until brown.



Spaghetti Supreme

4 slices bacon, cut into small pieces
3/4 cup minced green pepper
1/2 kilo ground beef
1/2 kilo sliced sausage
1 cup minced onions
1 teaspoon refined sugar
1 cup tomato sauce
1 box drained cooked spaghetti

Fry bacon. Saute onions and green pepper. When onions turn yellow add ground beef and cooked until brown. Add the rest of the ingredients. Cover macaroni with sauce. Serve after 5 minutes.

CRABS, CLAMS, FISH AND SHRIMPS

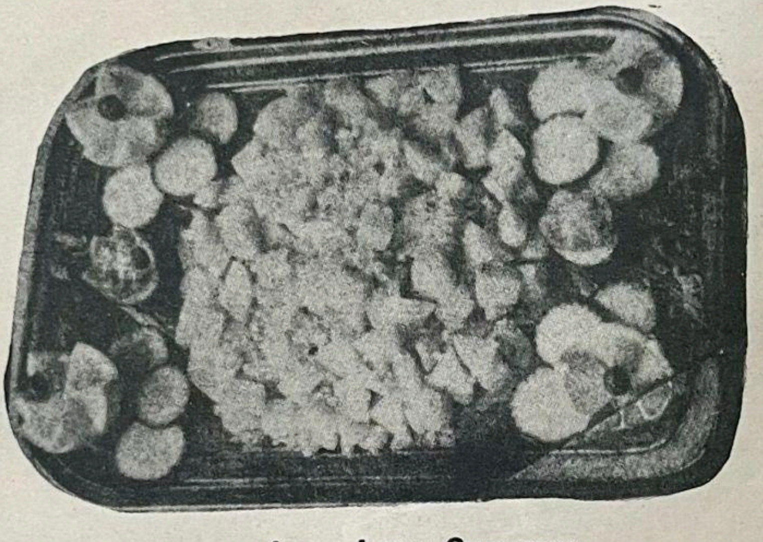
Fish Fillet with Tartar Sauce

1 lb. fish fillets
A little seasoned flour
Salt and pepper
Lemon wedges
1-1/2 oz. butter
1 tablespoon chopped parsley
Sprigs of parsley
Tartar Sauce:
1/4 Sandwich Spread
1/4 Mayonnaise

Skin fish if necessary and roll in the seasoned flour. Melt butter in frying pan and when foaming add the fish fillets; fry on both sides until just cooked. Place fish on heated serving plate and sprinkle with chopped parsley, salt and pepper. Garnish with lemon wedges and sprigs of parsley.

Tartar Sauce:

Mix together mayonnaise and sandwich spread and spoon into sauce-boat. Serve with fish fillets and selection of hot cooked vegetables.



Lapu-Lapu Supreme

4 medium-sized tomatoes
2 medium-sized onions (chopped)
2 cups water
3 tbsps. oil
1 big lapu-lapu
2 tbsps. butter
3 tbsps. refined sugar

Clean the fish well, dredge with lemon juice, salt and pepper, and place in a baking dish. Add the 2 cups water, 3 tbsps. oil, chopped onions, tomatoes, 2 tbsps. butter and grated cheese. Bake in oven of moderate heat for about 25-30 minutes. When done, place on serving dish and pour sauce. Top with bands of cooked carrots, beets, egg white and pickles.

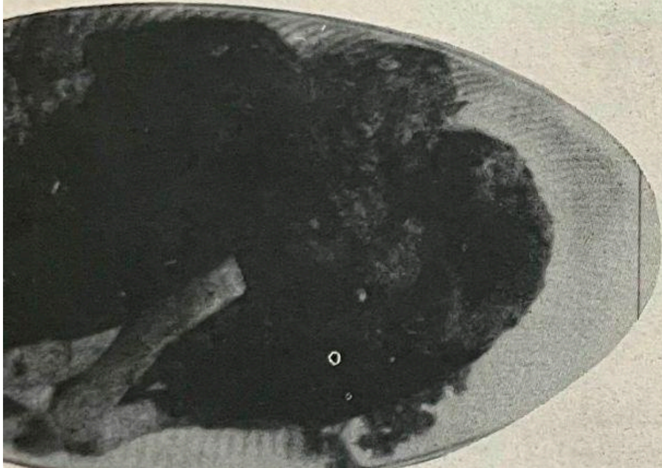
Sauce: Melt in a pan 1 tbsp. butter, stir off the fire 1 tbsp. flour and add the fish stock. Season with salt and pepper and stir over slow fire till it boils.

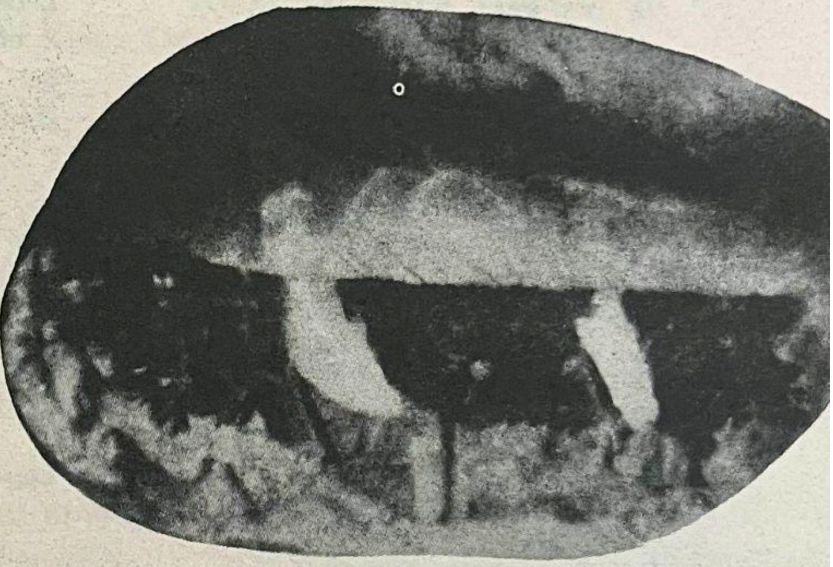
Fish, Home Style

3 tablespoons butter
2 tablespoons olive oil
3 onions, chopped
2 cloves garlic, minced
1/2 cup mushrooms, chopped
3 tablespoons chopped parsley
1/4 cup ground almonds
1 tablespoon flour
1/2 cup stock or 1/2 bouillon cube dissolved in 1/2 cup hot water
1/4 teaspoon oregano
3 teaspoons salt
3/4 teaspoon pepper
6 slices fish, any mild-flavored, white-meat fish

Combine butter and olive oil in large skillet. Add onions and garlic; saute. Add mushrooms, parsley, almonds, flour, stock, and oregano with salt and pepper. Mix well. Cook over low heat for 10 minutes, stirring frequently.

Combine remaining salt and pepper and sprinkle on fish slices. Carefully place slices on top of mushroom mixture and cook over medium heat for 35 minutes. Serve immediately.





Fish Steaks With Sauce Maharani

3/4 kilo fish steaks
1 teaspoon salt
1/4 teaspoon pepper
Sauce Maharani:
1/2 cup mayonnaise
2 tablespoons diced pimiento
3/4 cup seasoned flour
1 egg beaten with
2 tablespoons milk
oil for frying
1/4 cup diced cucumber
Salt and pepper to taste

Fish Steaks: Season fish with salt and pepper. Dredge with flour, dip into egg-milk mixture and cover with flour again. Fry in hot fat until golden brown; turning only once. Drain and lay fish steaks on platter; serve hot with Sauce Maharani. Garnish with tomato wedges and cucumber slices.

Sauce Maharani: Combine mayonnaise with the rest of the ingredients; blend well.

Fish Delight

- 1 fish
- 2 onions, sliced
- 1/2 head garlic, sliced thin
- 2 sweet red pepper, cut into strips
- 1 carrot cut into strips
- 3 tablespoons vinegar
- 4 tablespoons refined sugar
- 1 cup water
- 2 teaspoons food seasoning
- 2 tablespoons soy sauce
- 2 tablespoons flour
- Salt to taste
- Oil for frying

Clean and salt the fish. Drain well. Fry in hot fat until brown. Set aside. Saute the garlic, onion, and carrot until carrot is half-cooked. Add the mixture of vinegar, water, sugar, food seasoning, soy sauce. Cook until liquid thickens. Place fried fish on a platter and pour the sauce over it. Garnish with sweet red pepper.

Sinigang Na Lapu-Lapu
(Fish Soup With Vegetables)

- 2 large lapu-lapu, cleaned and disemboweled
- 1/2 lb. string beans, cut into 2-inch lengths
- 1/4 lb. watercress, cut or shredded
- 6 cups water
- Salt to taste
- 3 large tomatoes, cut in wedges
- 1 large onion
- 2 or 3 medium-sized radish, cut into 4 crosswise and then each piece cut into quarters
- 8 tamarind pods (soaked in boiling water and mashed)

Cut fish into diagonal sections. Put in the pan with half the amount of water, add the onion (whole, or cut into quarters), the tomatoes, and if you're using it, the tamarind juice (if you're substituting lemon juice, save this for later use). Add salt and the sliced radish. Bring water to boil and simmer for about 10 minutes. Add remaining water and bring to boil once more. (Add lemon juice at this juncture if you're using this as the acidifying agent) Taste for seasoning. Soup should be slightly acidic, but not sour. If necessary, add more salt and water. Put in the remaining vegetables and continue cooking until vegetables are done. Serve hot.

Tuna Cream With Wine

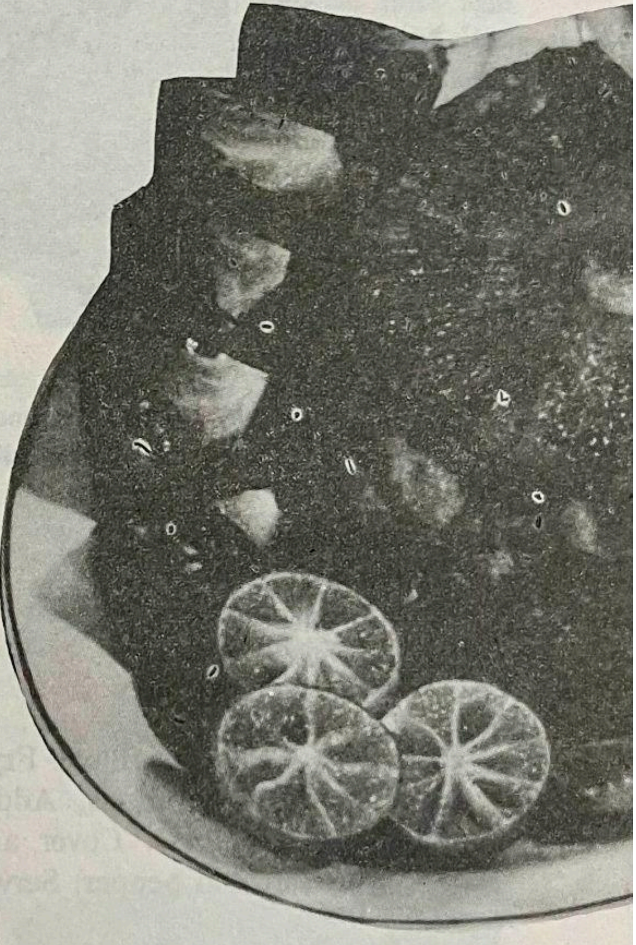
- 2 cups tuna fish
- 1/2 cup wine
- 1 hard boiled egg
- Lemon
- 2 oz. grated cheese
- 1 oz. flour
- 3 oz. butter
- 1 cup milk
- 1 tsp. refined sugar
- 2 slices bread
- 1 cup water

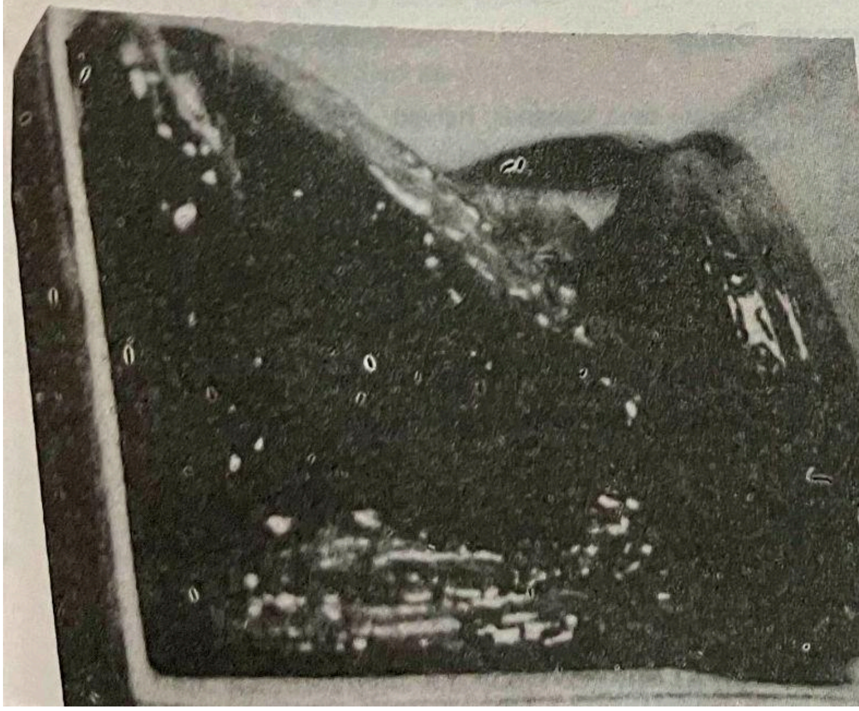
Put mashed tuna fish into a dish with a little seasoning, squeeze off lemon juice, 1 oz. butter and wine. Bake for about 10 minutes with the top covered carefully with wax paper in a moderate oven. Meanwhile dice the sliced bread and fry in 1 oz. butter until crisp and golden-brown. Heat the rest of the butter in a pan, stir in the flour, cook for a few minutes. Add milk and sugar. Lift tuna fish into a hot dish, add all the water to the sauce. Pour this over the tuna fish mixture and garnish with cheese, bread and hard-boiled egg.

Fiesta Tuna Salad

- 1 7-ounce tuna, drained and flaked
- 2 tablespoons finely chopped green pepper
- 2 tablespoons chopped pimiento
- Sandwich Spread
- Salt
- Pepper

Combine tuna, green pepper, pimiento and enough sandwich spread to moisten; season to taste and mix well.





Stuffed Squid

6 medium sized fresh squids	1 tsp. refined sugar
1/2 kilo diced shrimp	1/2 cup diced celery
1 cup diced onion	1/2 tsp. Worcestershire sauce
1/4 cup tomatoes	1 clove garlic, crushed
1 potato, diced	Salt to taste

Clean the squids and cook in vinegar, salt and small amount of water. Let it boil for a few minutes.

Saute garlic in 4 teaspoons oil. Add onion, tomatoes and shrimp. Cook for 5 minutes. Add the celery, potatoes and sugar. Add seasonings.

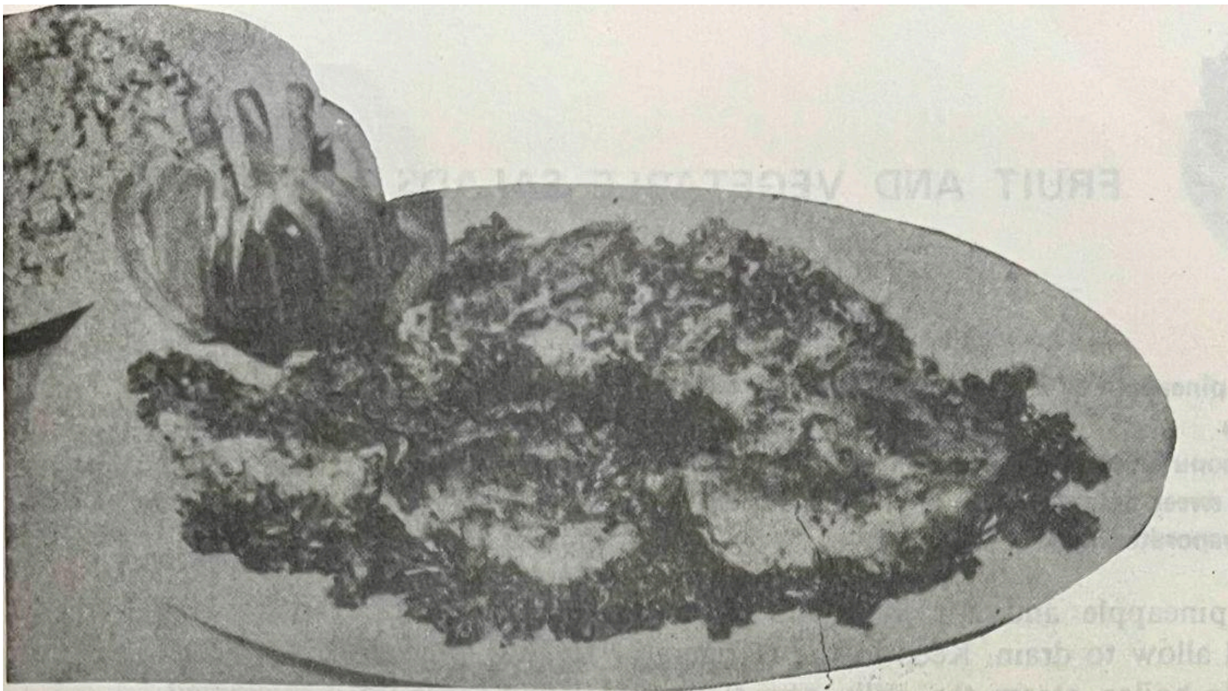
Stuff the squid with the cooked mixture. Sew the opening or insert toothpick. Place squids on broiler pan. Brush with oil. Broil slowly until light brown. Serve on a bed of parsley.

Pocherong Dalag

1 medium-sized dalag	3 ripe saba bananas, halved
1/2 cup cooking oil	1/2 small cabbage, quartered
3 small ripe tomatoes, chopped	2 potatoes, halved
3 cloves garlic, crushed	1 cup water
1 small onion, minced	Salt

Clean dalag; cut into fillets. Fry in deep hot fat.

Saute garlic and onions. Add tomatoes. Add water; let boil. Add bananas, cabbage, and potatoes. Cover and simmer until vegetables are done. Add fish. Season with salt and pepper. Serve hot.



Fish Fritters

4 oz. flour
1 level teaspoon salt
2 level teaspoons baking powder
1 egg
1/4 pint milk
4-6 oz. flaked fish
About 1 dessertspoon chopped parsley
Fat for frying
1 lemon

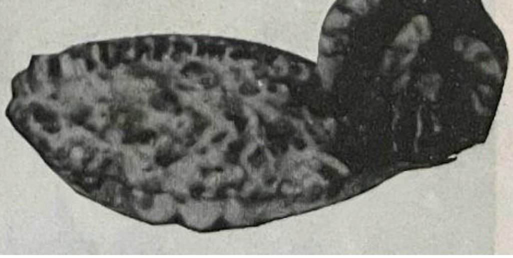
Sieve the flour, salt, and baking powder together into a bowl. Make a well in the center, drop in the egg and make a batter, gradually adding the milk and drawing in the flour. Beat till smooth, then stir in the flaked fish and parsley. Drop tablespoons of the mixture into hot, shallow fat and fry till golden brown. Turn and fry other side.

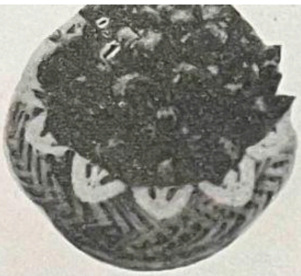
Drain on soft paper and serve immediately with lemon wedges.

Sinigang na Isda
(Fish Chowder)

1 pound tomatoes
1 cup thinly sliced onions
2 cups water
3 cups bottled clam juice
1/4 tsp. dried ground chili peppers
1-1/2 pounds fillet of mackerel
1 cup shredded watercress or spinach

Combine tomatoes, onions, water, clam juice, and chili peppers in a saucepan; bring to a boil and cook over low heat 10 minutes. Cut the fish in bite-size pieces and add to the soup; cook over low heat 10 minutes. Add the watercress; cook 1 minute. Taste for seasoning and serve immediately. If you want to cook the soup ahead of time, add the watercress 1 minute before service to avoid overcooking. (Serves 6.)





FRUIT AND VEGETABLE SALADS

Variety Fiesta Salad

1 large ripe pineapple or 2 cans sliced pineapples
3 young coconuts (buco)
1 cup dried sweet nata de coco
1 tall can evaporated milk
2 cups sugar
1 tablespoonful flour
1 tablespoon salt
2 egg yolks

Slice the pineapple and stir in 1 cup sugar and 1 tbsp. salt. Transfer in a collander and allow to drain. Keep in the refrigerator to chill.

In a double boiler, steam the milk, egg, flour and 1 cup sugar until thickened. Just before serving mix the dressing with the fruit and garnish.

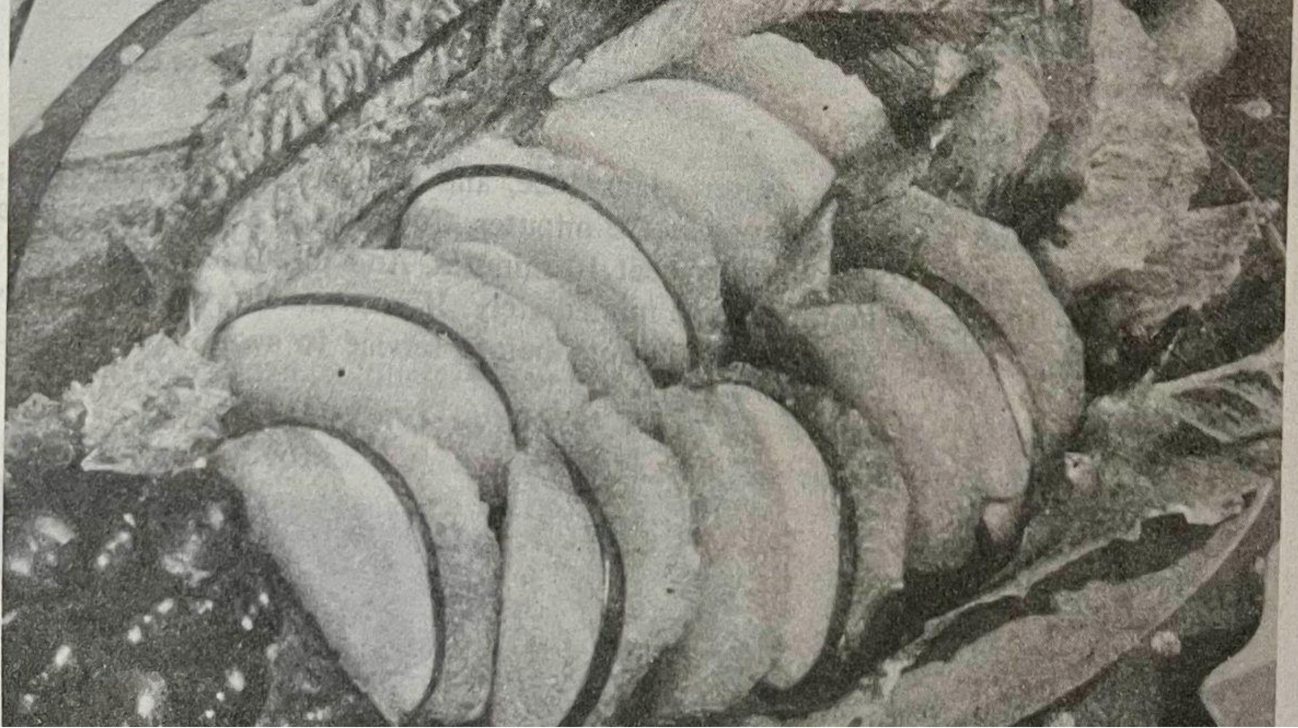
Bahaghari

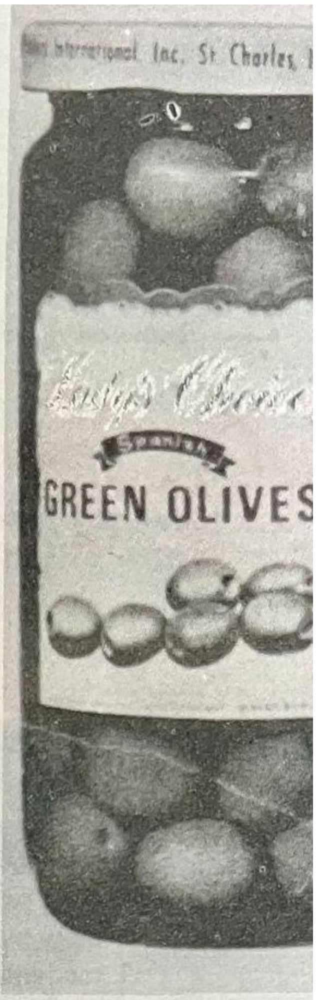
3/4 cup pure coconut milk (first extraction)
5 cups coconut milk (second extraction)
3 bars white gulaman
4 cups sugar
3 cups water
food color
2 eggs

Wash the gulaman and boil in 3 c. water and 2 cups sugar. When the gulaman is melted, strain this into bowl containing the 5 cups of coconut milk. Blend well and pour 1-1/4 cup of mixture in each pan. Fill up seven pans and add food color to it to resemble the color of the rainbow. Set aside and allow to set.

Prepare the sauce pan by blending the egg yolks, the pure coconut milk and 1 cup sugar. Cook very slowly in low fire stirring continuously until it thickens.

Remove the molded gulaman from each pan transfering them carefully in platters. Serve with the sauce and decorate with meringue.





Tropical Potato Salad

Tropically inspired, this is the kind of salad that is perfect for hot weather entertaining. It combines potatoes with refreshing pineapple chunks blended with rich and creamy salad dressing.

3 cups cooked diced potatoes
Salad dressing
1 teaspoon sugar
Dash of pepper
Lettuce leaves
1-1/2 cups pineapple chunks
1 tablespoon finely chopped green onions
1/2 teaspoon salt to taste

Combine diced potatoes with enough salad dressing to moisten. Add pineapple chunks, green onions, sugar, salt, and pepper. Toss lightly. Chill and serve in a lettuce-lined bowl.

4-6 servings.

Garden Salad

1 small head of cabbage, shredded
3/4 cup mayonnaise
4 large tomatoes, sliced
1 medium cucumber, sliced
2 hard cooked eggs, sliced

Mixed together thoroughly shredded cabbage and mayonnaise. Line a 2-quart heat-resistant glass utility dish with cabbage salad. Fill center of dish with sliced tomatoes.

Place alternate rows of sliced cucumber and hard cooked eggs on top of the shredded cabbage salad. Serve at once.

Macaroni Fruit Salad Royale

1 package macaroni	1 medium-sized can pineapple chunks
2 cups sweet kaong	1 medium-sized bottle mayonnaise
2 cups sweet nata de piña	Grated cheese (optional)
1 medium-sized can fruit cocktail	

Cook macaroni. Wash and drain. Add remaining ingredients and mix well. Put in a salad bowl and sprinkle with grated cheese if desired. Decorate with pineapple and red cherries if desired. Serve cold.

Coral Reef Coleslaw

4 cups shredded cabbage	1 medium green pepper, sliced in rings
3/4 cup shredded carrot	1 tablespoon chopped green onions
1/2 cup sliced celery	Salt and pepper
2 cups pineapple chunks	1/2 cup salad dressing

Combine cabbage, carrot, celery, pineapple, green pepper and green onions; mix well. Chill.

Season to taste with salt and pepper and just before serving pour over salad dressing and toss lightly.

Salad Tropicana

5 pieces buko, shredded	Sugar to taste
1 large sweet melon, scooped into balls	1 cup shredded cheddar cheese
1 cup nata de coco	1/2 cup chopped nuts
1 6-oz. can thick cream, chilled and whipped	

Drain well all fruits; combine together in a bowl with whipped cream and add sugar to taste. Chill.

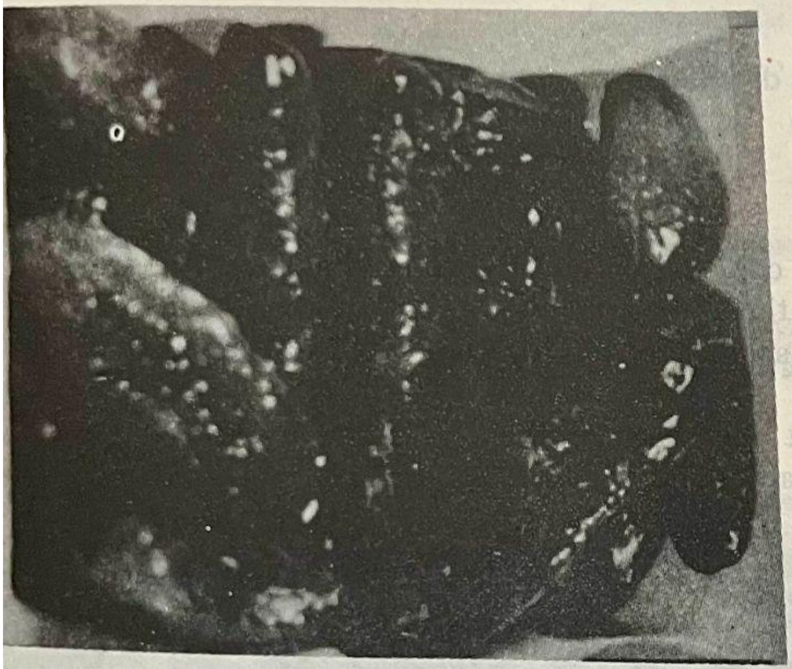
To serve, scoop on servers and sprinkle with cheddar cheese and nuts.

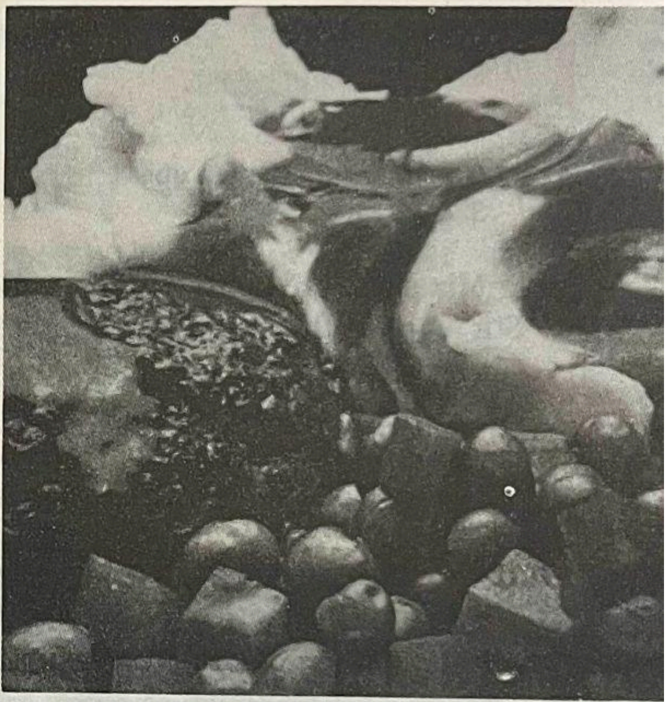
Shrimp and Potato Salad

3 cups diced cooked potatoes
1 cup Miracle Whip or Mayonnaise
2 tablespoons snipped parsley
fried shrimps in batter (or 1-1/2 cups left-over "camaron rebosado")
1/2 cup sliced celery
1/4 cup strips of red pepper (thin, 1 inch long)
1/2 teaspoon salt or to taste
dash pepper

Moisten potatoes with Miracle Whip. Mix in celery, red pepper, salt, pepper, and parsley. Chill. Prepare shrimps. Dice and add to potato salad, tossing with more dressing if desired. Serve cold and garnish.

6 to 8 servings.





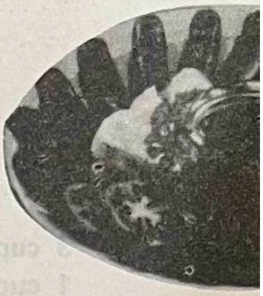
Seashore Tossed Salad

1/2 kilo medium-sized shrimps, cooked and shelled
1/3 cup vinegar
1/4 cup sugar
1/2 teaspoon mustard
1/4 teaspoon ground black pepper
1/2 teaspoon mustard
1 teaspoon salt
4 cups shredded cabbage
1 cup shredded carrot
2 large ripe tomatoes, cut in wedges
Parsley
Mayonnaise

Slice shrimps into halves. Marinate in a mixture of vinegar, sugar, salt, pepper, mustard and mayonnaise. Toss cabbage, carrot and tomatoes in remaining marinade. Chill and drain.

Arrange shrimps in a platter or bowl with the dressed vegetables and garnish with parsley sprigs. Serve and toss with more mayonnaise.

6-8 servings.



SANDWICHES, COOKIES, SWEETS AND DESSERT

Leche Plan

8 egg yolks
1 cup sugar
2 cups fresh milk
1 lemon rind or vanilla

Scald the milk in a double boiler for 15 minutes. Beat the eggyolks with the sugar, milk and flavoring. Pour into mold lined with caramelized sugar. Place this in a bigger pan half-filled with water and bake until mixture becomes firm. Cool before removing from mold.

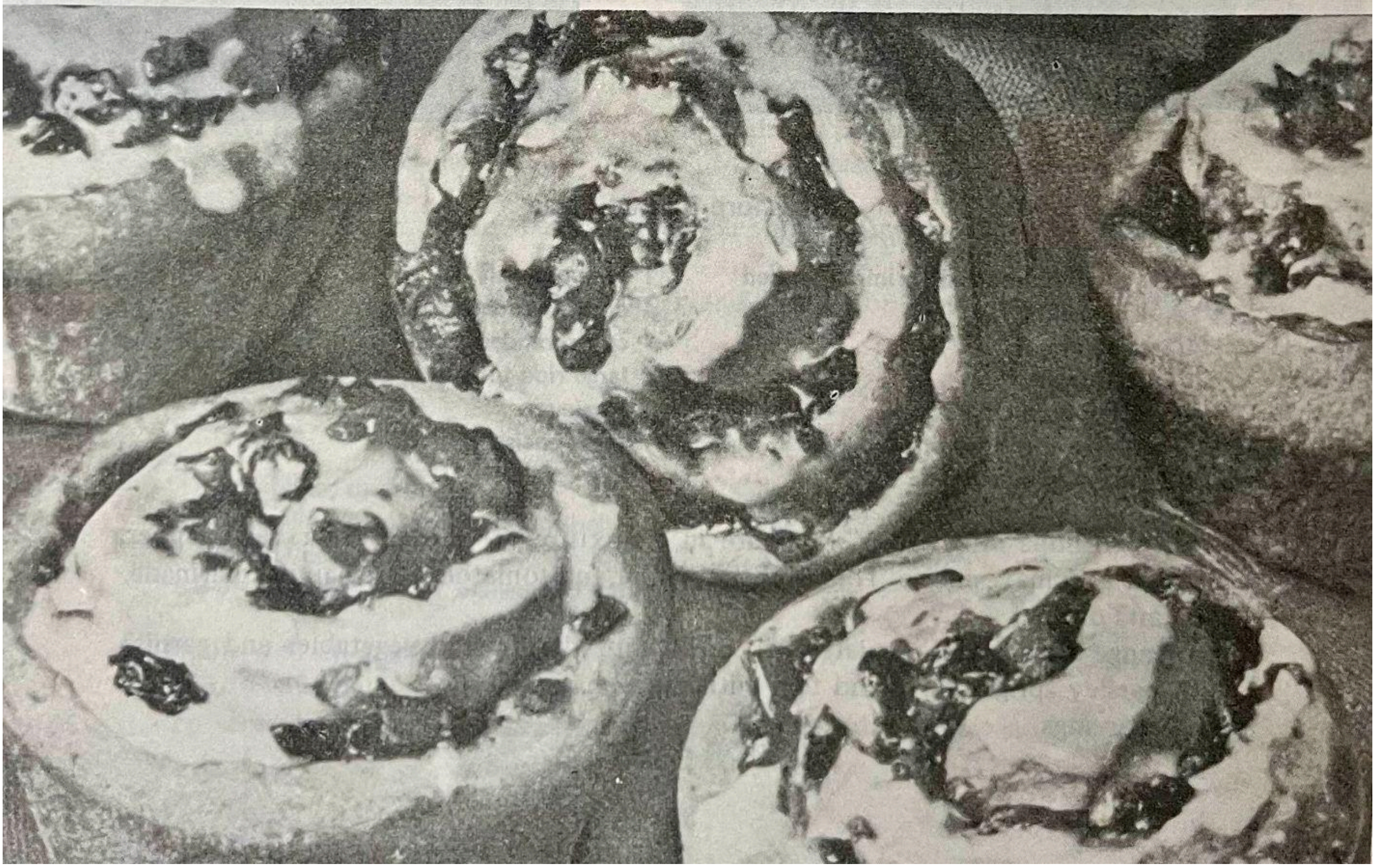
To caramelize sugar, dissolve 1 cup brown refined in 1/4 cup water and cook over moderate heat until the sugar browns or caramelizes.

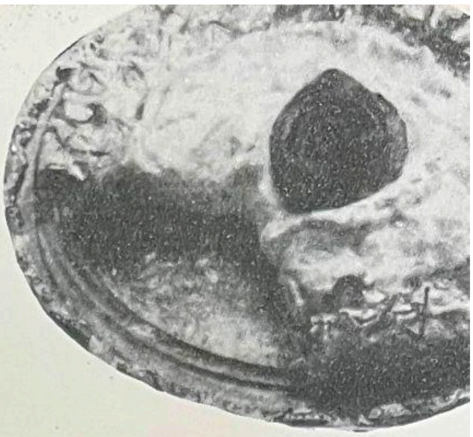
Pastilla de Ube

4 cups ground boiled ube
3 cups sugar
1 big can evaporated milk

Mix all ingredients together. Cook in copper vat (tacho) over a moderate fire. Stir constantly to avoid burning. When the ube is thick and does not stick to the vat, remove from fire and pour on a sugared board. Roll to 1-1/2 centimeter thickness. Cut into desired pieces.

Arrange the pieces in a cookie sheet and place in the oven (200°F) for 20 minutes. Roll in fine white sugar and wrap in paper.





Kalamay Hati
(Matamis sa Bao)

5 cups coconut milk	**1 cup glucose**
2 cups brown sugar or panocha	

Mix all the ingredients together in copper vat and cook over a moderate fire. Stir constantly and cook until thick.

To extract milk from coconuts:

Grate 5 regular-shaped coconuts. Add 2 cups water to the meat and extract the milk. Mash well and pass through sinamay cloth. Add another 2 cups water for the second extraction. For the third extraction, add only 1 cup water.

Turron de Saba y Nanca

2 cups boiled mashed saba	**1/4 cup calamansi juice**
2 cups boiled chopped nanca	**1/4 cup water**
1-1/2 cups sugar	**Lumpia wrappers**

Combine calamansi juice, water and sugar and boil on top of double boiler for 2 minutes.

Add the bananas and nanca and continue cooking for 5 minutes more.

Cool the mixture, then drop by spoonfuls into lumpia wrappers and fry in deep hot fat.

Jalea de Ubi

- **1-1/2 kilo ubi**
- **1 can condensed milk**
- **1 cup evaporated milk**
- **1/2 cup sugar**
- **1/2 cup shredded cheddar cheese**
- **1/2 lb. butter**
- **1 teaspoon vanilla**

Boil ubi until tender. Peel and grind fine. Then strain. Mix ubi, slowly in moderate fire, stirring constantly to prevent from burning. When thick add vanilla and butter. Grease platter with butter and pour the mixture. Flatten evenly with butter. Sprinkle with grated cheese.

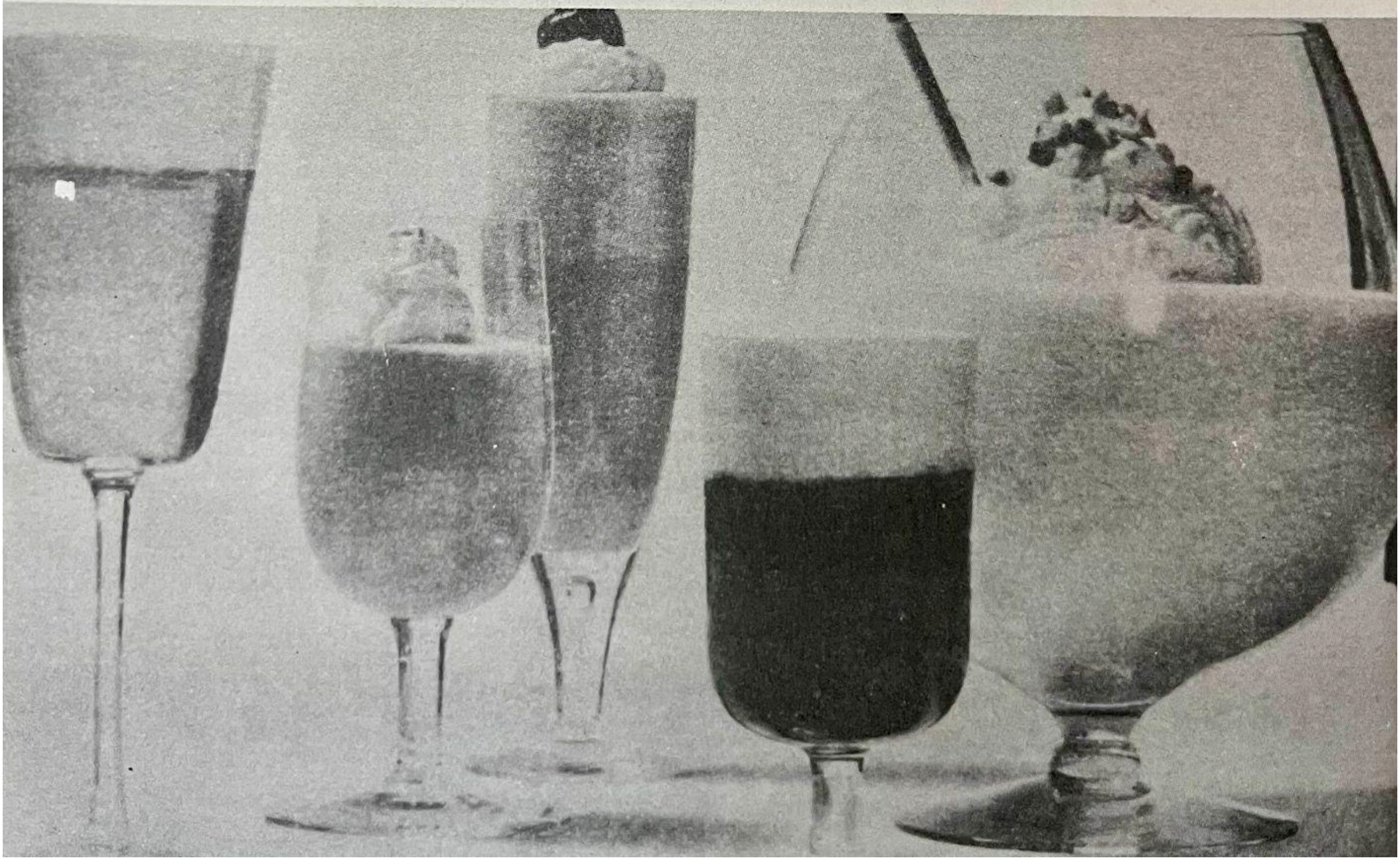
Guayabano Jam

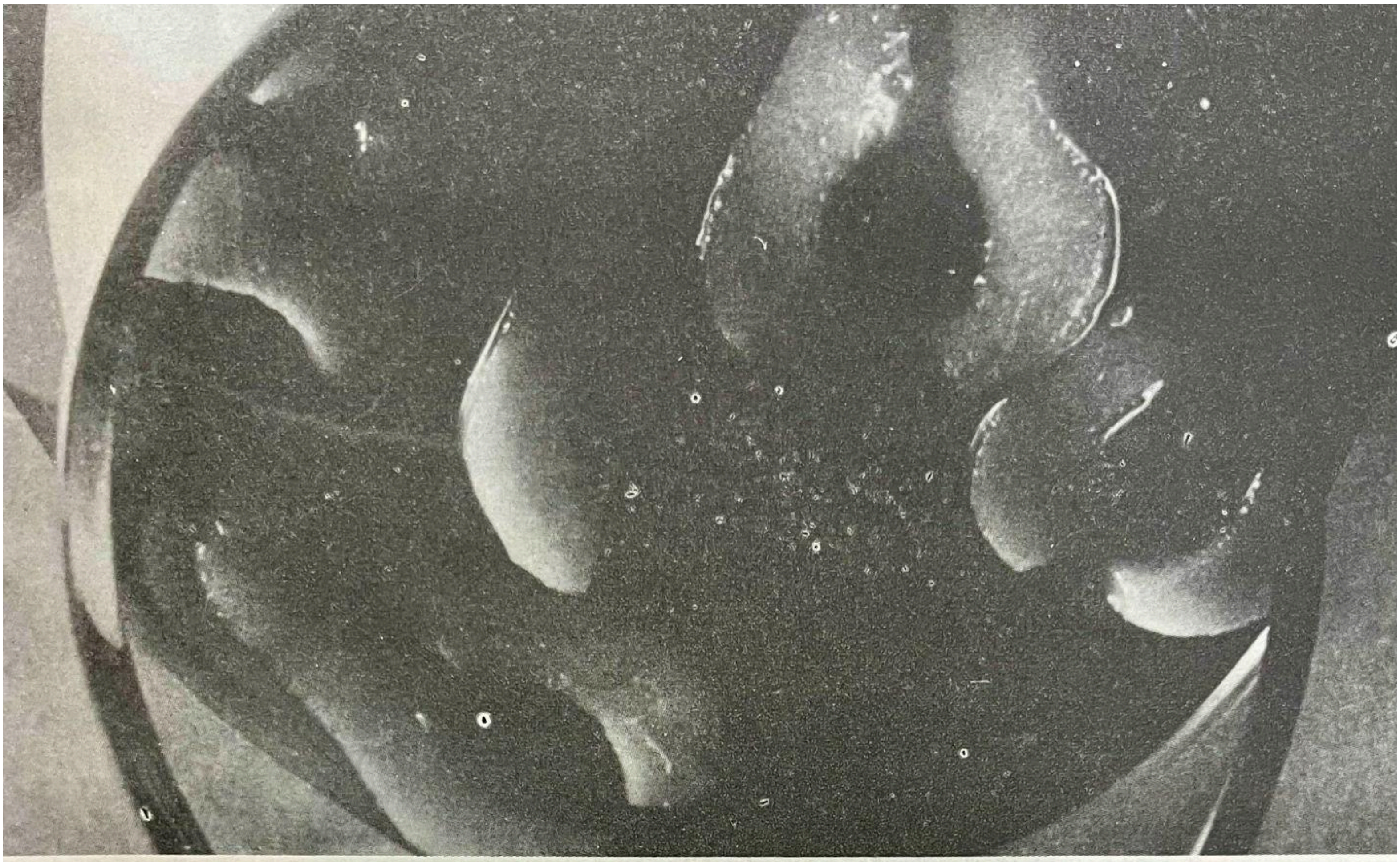
Peel the ripe fruit and remove the seeds. Pass through a meat grinder. To one part pulp, add 3/4 to 1 cup sugar, depending on the sweetness of the fruit. Boil until thick. Pack while hot in sterilized jars and seal tightly.

Mango Jam

Scrape the pulp from ripe mangoes and mash. Use stainless utensils to prevent discoloring. Measure.

To every cup of pulp, add 1/2 cup of white sugar. In case of sour mangoes, increase sugar to 2/3 cup. Stir while cooking until it thickens. Pour while hot in sterilized jars and seal tightly.





Papaya-Pineapple Jam

1 cup mashed ripe papaya	**1-1/2 cup sugar**
1 cup chopped pineapple	

Mix all the ingredients together in a copper vat and cook, stirring constantly. Cook until it reaches the right consistency. Pack in sterilized jars and seal tightly.

Maja Blanca

2 cups rice	**1/2 cup fresh coconut oil**
10 cups fresh milk	**1 teaspoon toasted anis**
1 cup white sugar	**latik**

Wash rice and soak in 2 cups water overnight. Grind and strain through a coarse cheesecloth.

Add to this "galapong" the milk and sugar. Cook over medium heat, stirring constantly, adding fresh coconut gradually, to avoid burning. When thick, add anis and mix well. Pour into a platter greased with coconut oil. When cool, serve with latik.

Latik:

Boil in a saucepan pure milk of coconut until a point when the oil is extracted and the cheese-like precipitate becomes delicately brown in color. This precipitate is the "latik." Drain off the oil from the latik and use it for greasing plates or molds.

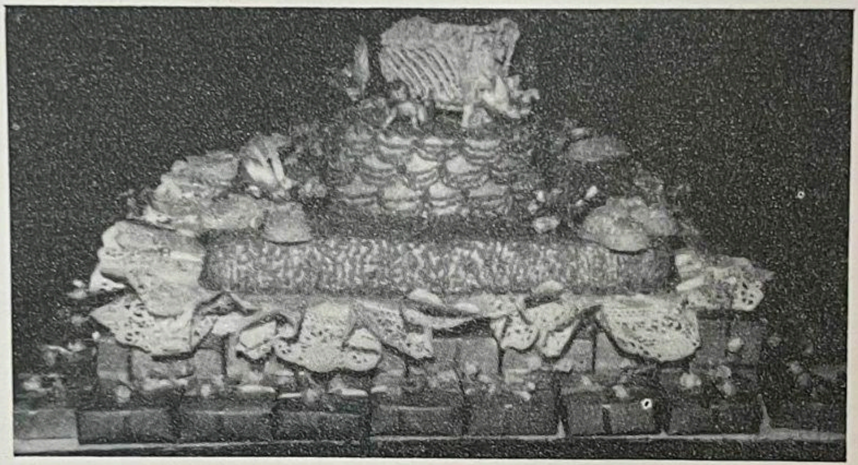
Kalamay Pinipig

3 cups pinipig	**4 cups rich coconut milk**
1 cup sugar	**pinch of toasted anis**

Soak the pinipig after cleaning, in one cup of coconut milk for half an hour. Boil the rest of the milk with sugar. When the syrup is thick, add the pinipig and anis. Stir while cooking until it is thick and sticky. Pack into a pan lined with banana leaf. Slice into desired pieces. Serve with coconut oil.

Coconut Toast:

Toast a cup of the coconut from which the milk has been extracted with 2/3 cup sugar in frying pan. Stir continuously until the coconut is brown and crisp.



Yema

4 cups fresh milk	**Sugar to taste (1/2 to 3/4 cup)**
10 egg yolks	**1/2 tsp. vanilla**

Simmer milk in copper vat (tacho) over low heat until it is thick and reduced to 1 cup. Add sugar to taste and continue cooking till well blended. Remove from fire, cool a little then add lightly beaten egg yolks. (To avoid curdling, add a few tablespoons of milk to the yolks before adding them to the milk). Add flavoring. Continue cooking until the mixture is thick enough to shape into small balls.

Remove from fire, cool and shape into small balls. Dip quickly into thick syrup or roll in confectioner's sugar. Wrap in cellophane.

To make syrup, dissolve 1 cup sugar slowly in 1/2 cup water. When it reaches boiling point, skim off impurities from the surface. Boil to 236 degrees F. until syrup reaches the ball stage.

Note: Condensed milk may be substituted for milk and sugar called for in the recipe. A boiled mashed potato is sometimes added as thickening.

Makapuno Meringue

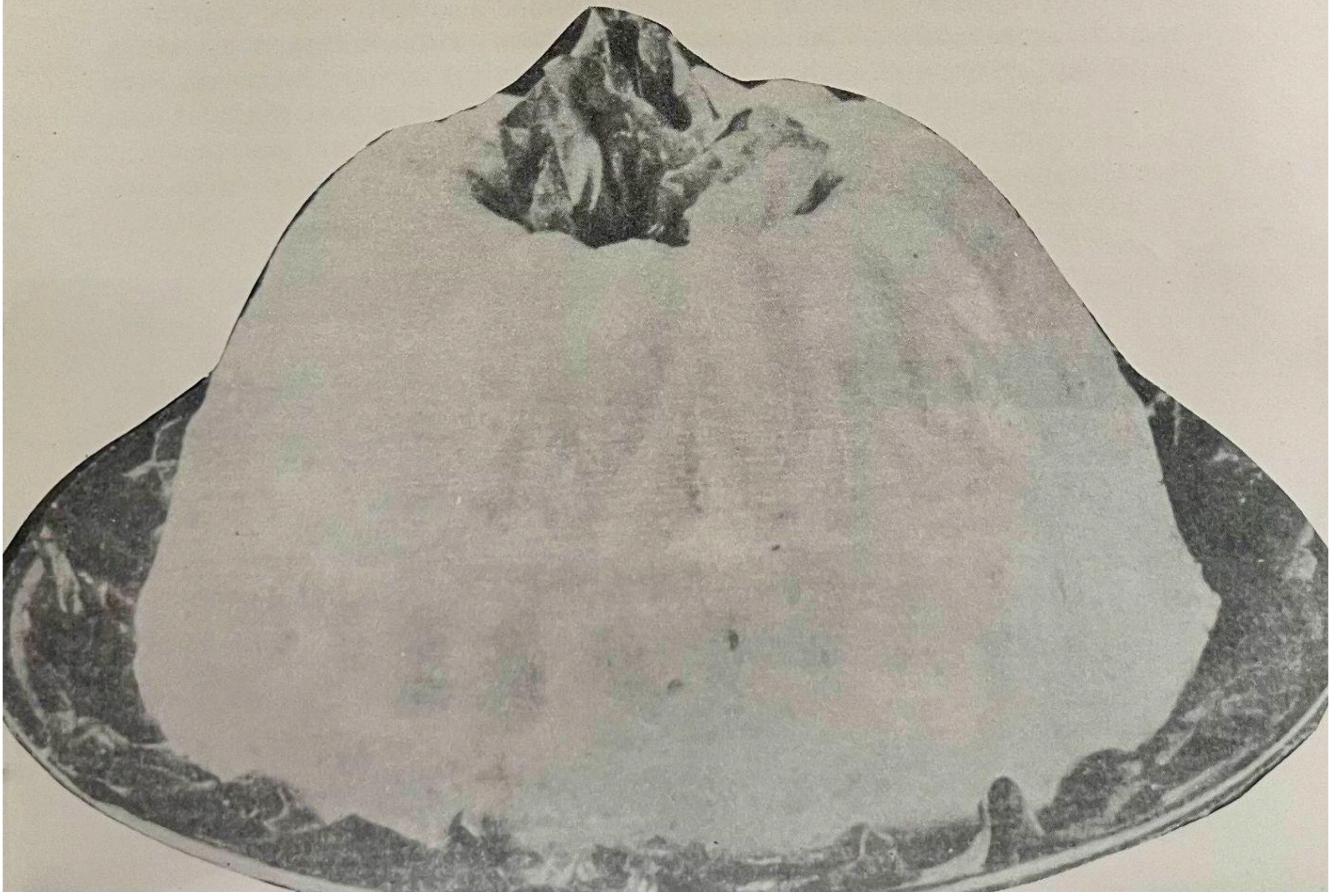
1 makapuno	1-1/2 cups sugar
3 egg whites	1/4 tsp. baking powder
1 pinch anis	

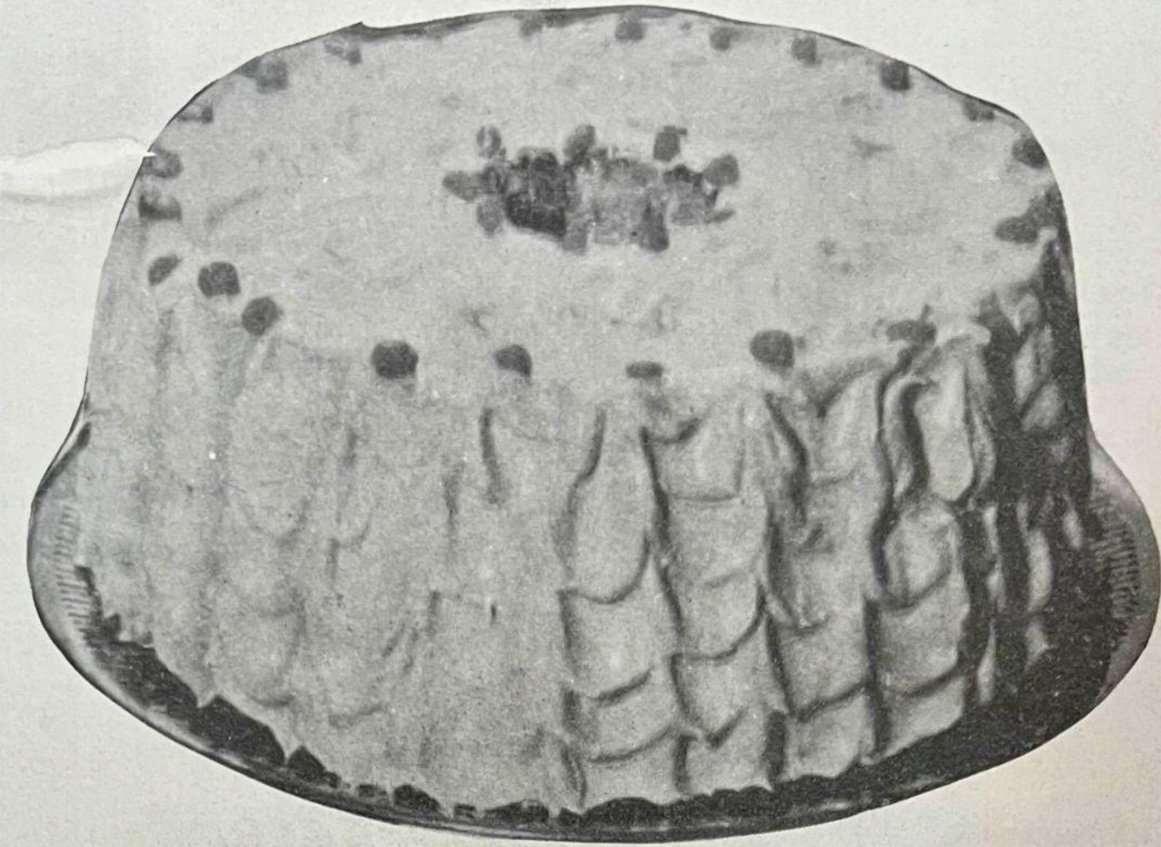
Remove the syrupy part of makapuno. Grate the makapuno or chop the soft meat. Beat the egg white till stiff and dry. Add baking powder then the sugar little by little, then the anis. Shape makapuno into ball and coat with meringue. Arrange into rows in greased baking sheets and bake in a slow oven until meringue is dry.

Chocolate Walnut Cookies

1/2 cup butter	1/2 tsp. salt
1 cup refined sugar	2 eggs
1 c. chopped walnuts	1/2 tsp. vanilla
1-1/2 c. flour	1-1/2 squares chocolate

Cream the butter and sugar. Add the eggs one at a time beating well after each addition. Add the melted chocolate. Cut and add walnuts. Fold in the flour and vanilla. Drop from teaspoon on a buttered cookie sheet. Bake at 350°F. for 10-15 minutes.

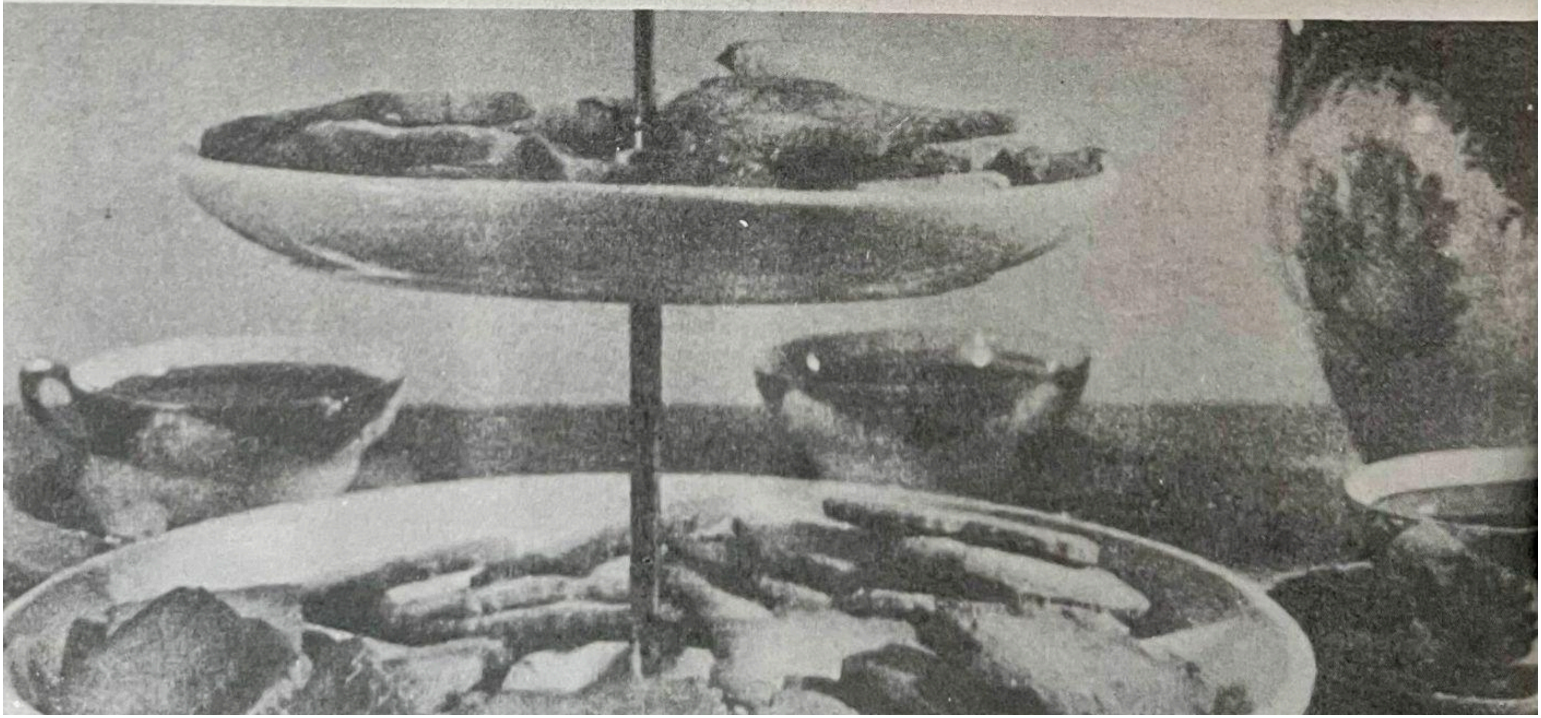




Dropped Sugar Cookies

1 cup granulated sugar	**1/2 tsp. salt**
1 large egg	**3/4 cup lard**
1 cup sour milk or buttermilk	**1/2 tsp. baking powder**
2 tsps. baking powder	**3-1/2 cups flour**
2 tsps. any desired extract	

Put salt and lard together in a small saucepan and heat until melted and frothy. Add the sugar and stir in the egg, beaten light. Then add the milk, and the baking soda and baking powder sifted with the flour. Add the flavoring. Mix well. Drop by heaping teaspoonfuls onto an oiled cooky sheet, keeping the cookies at least an inch apart, as they will spread. A raisin, a nut meat, half of a roasted peanut, a bit of candied orange peel, or a little coconut can be put on the center of each cookie. Bake in moderate oven, 375°F. about 15 minutes.



EGG DISHES

Soft Boiled Eggs

Many dishes both hot and cold can be made from soft boiled eggs. For these dishes the eggs are cooked a little differently. Put eggs into boiling water and allow five minutes from the time they come to the boil. Take out at once and put into cold water for 7-8 minutes. Then peel carefully. The eggs may be used straight away: if wanted hot they may be put into hand-hot water for five minutes. If wanted cold, leave peeled in cold water for several hours until required.

Hard Boiled Eggs

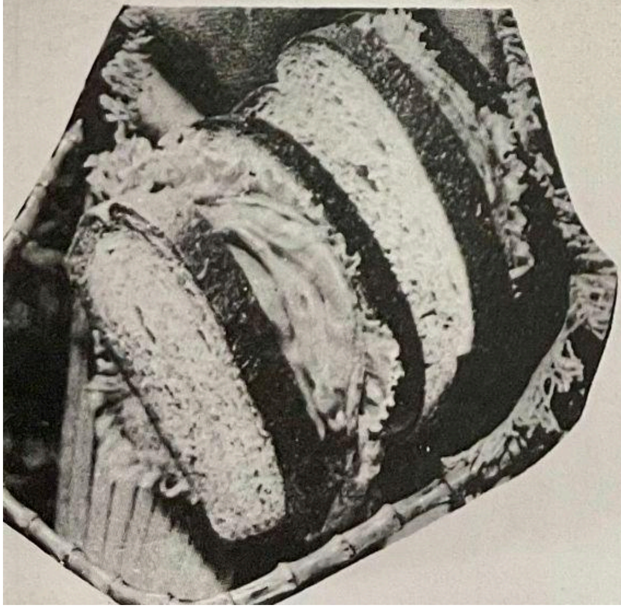
Always put eggs into boiling water and allow 10-12 minutes steady boiling. Not longer, as over-boiling discolors the yolks, and toughens the whites. Plunge at once into cold water and the eggs will then be easier to peel, however fresh they are.

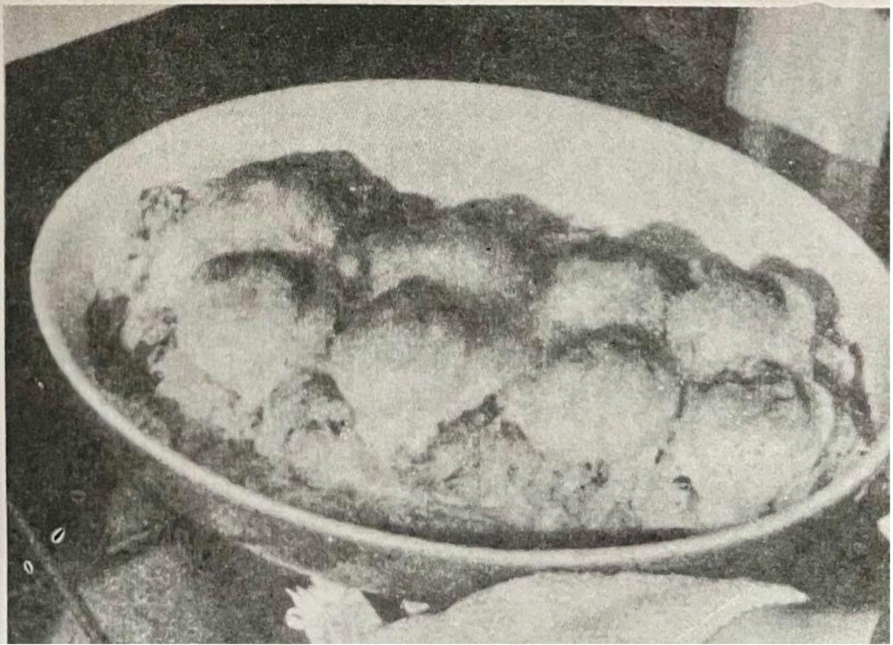
Poached Eggs

Eggs for poaching must be fresh, otherwise the white will detach itself from the yolk. Poach eggs in a deep frying pan or roasting tin filled with boiling water and add approximately one tablespoonsful of vinegar per quart of water, but not salt, as this tends to toughen the white.

Keep gas low and water gently simmering and poach until firm about 3 1/2-4 3/4 minutes. Lift out with a slice and drain thoroughly on a cloth before dishing.

Egg poachers are available but the above method is satisfactory as the eggs do not stick, as sometimes happens in a poacher.





Eggs Cantalienne

One of the nicest of the stuffed egg dishes, good and substantial.

4 hard-boiled eggs	**3/4 oz. flour**
1 small cabbage	**1/2 pint milk**
1 small onion	**1 oz. grated cheese**
3 oz. butter	**1/2 teaspoonful French mustard**
1/4 pint stock	

Cut the cabbage in four, remove the hard stalk and shred finely. Blanch in boiling salted water for one minute, drain and return to the pan with 1 oz. of the butter, and the stock. Season, cover with a buttered paper and lid, and simmer over low gas until the cabbage is tender, 10-15 minutes.

Meantime prepare the *MORNAY SAUCE:* melt 1 oz. butter, add the flour and blend in *half* the milk only. Stir until boiling, draw aside and mix in the cheese and mustard.

Chop the onion and cook slowly until soft in the remaining 1 oz. butter.

Split the eggs lengthways, remove the yolks, rub through a wire stainer and mix with the onion and two tablespoonful of the sauce. Fill the whites as full as possible with the mixture; add the rest of the milk to the sauce and reheat.

Dish the cabbage down the center of a hot serving dish, arrange the eggs on the top and spoon over the sauce. Sprinkle with brown crumbs and a little grated cheese and brown lightly under the grill or in the oven. Serves 3-4 people.

Eggs a la Reine

3 eggs	**a little Bechamel sauce**
3 oz. mushrooms	**beaten egg and crumbs for coating**
3-4 oz. cooked chicken or other meat	**tomato sauce**

Hard boil the eggs and cut in two, lengthways. Wash the mushrooms in salted water and chop finely. Cook in a nut of butter until soft and tender. Add the finely diced chicken or meat, a little thick Bechamel sauce to bind, and the pounded egg yolks.

Reshape each half egg into a whole with the mixture. Coat with the beaten egg and dried white crumbs. Fry in deep fat until golden brown and serve with tomato sauce, garnish with fried parsley. Serves 4 people.

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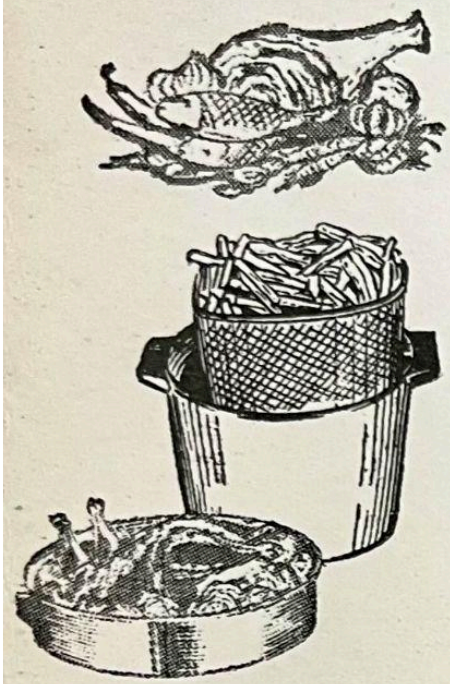

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